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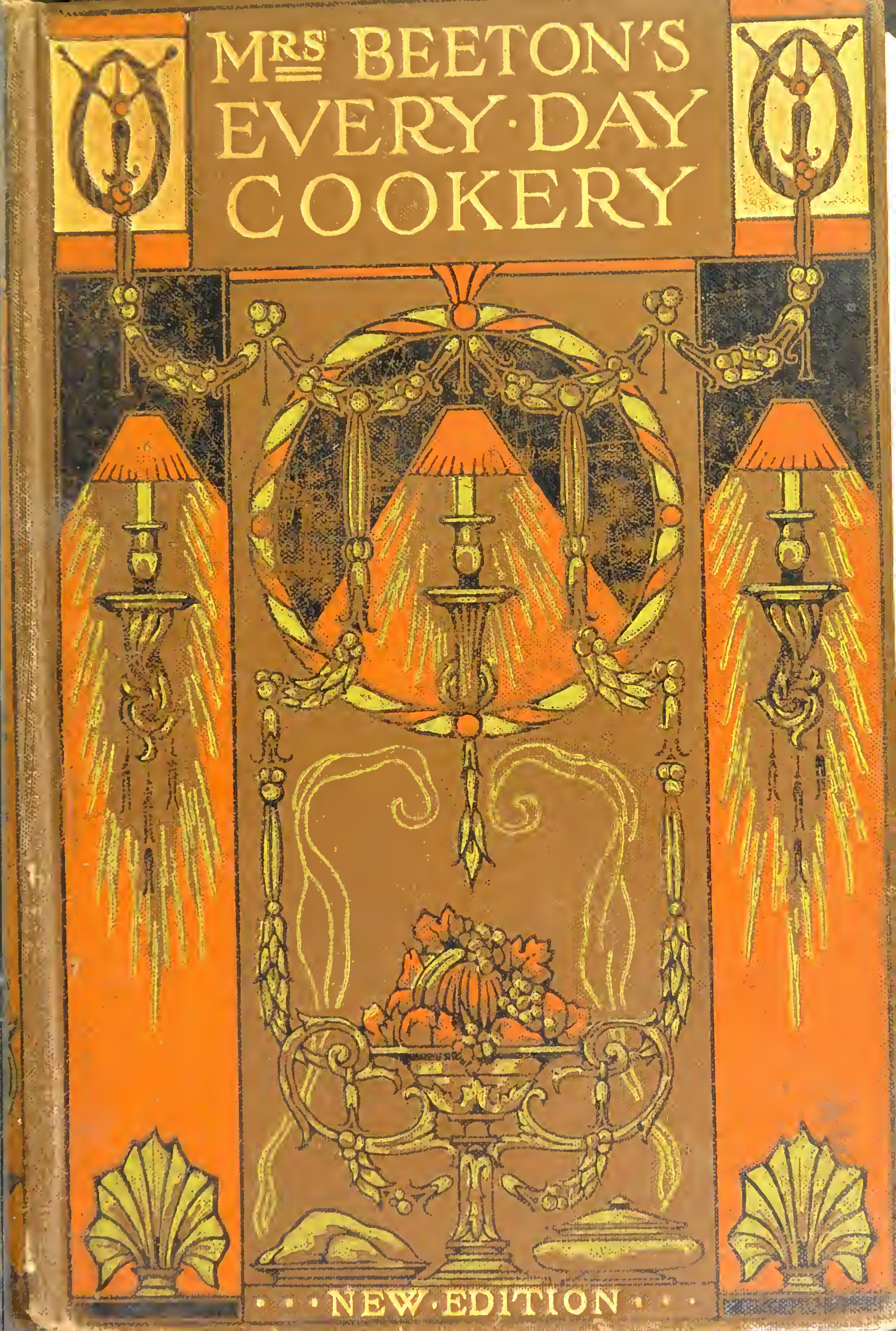

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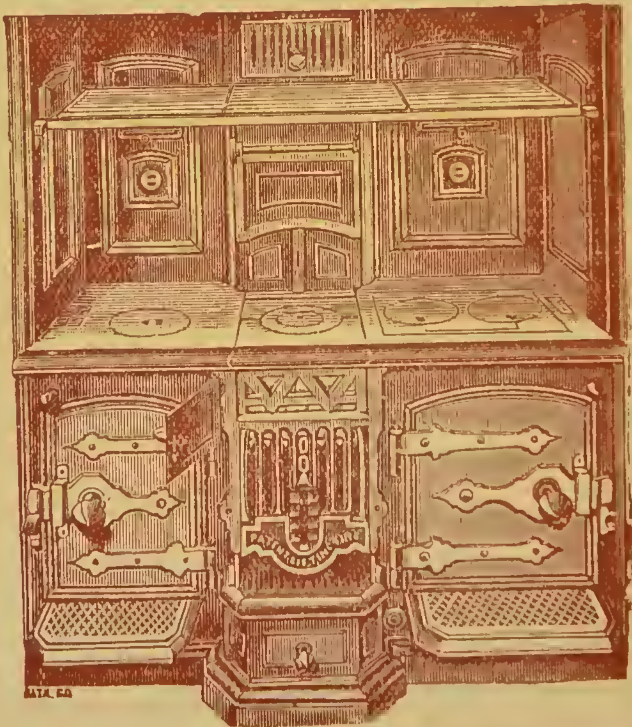

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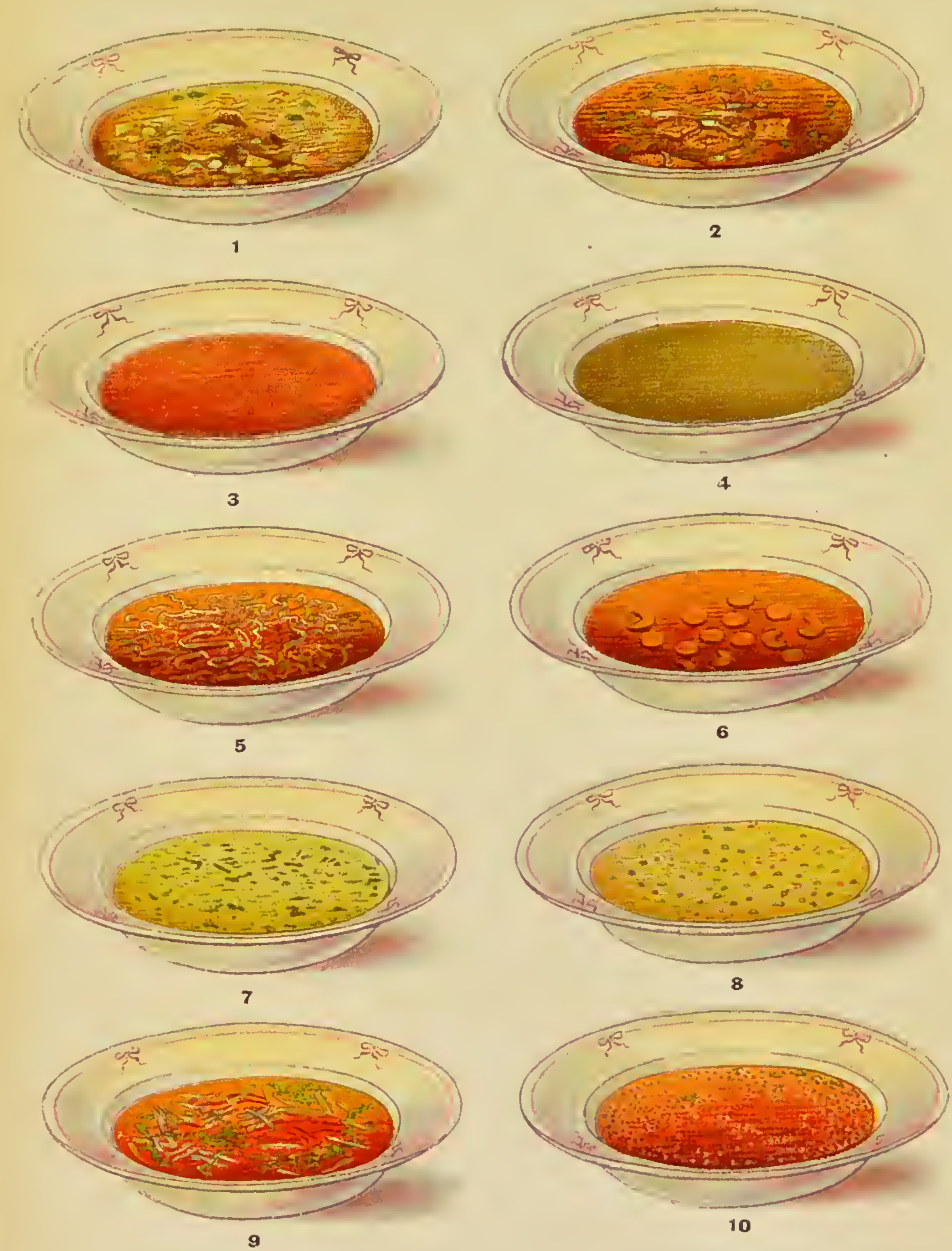

SOUPS—1 Mutton Broth. 2 Pot-au-Feu. 3 Tomato Soup. 4 Kidney Soup. 5 Consommé à la Celestine. 6 Consommé à la Royale. 7 Bonne Femme. 8 Hollandaise. 9 Consommé à la Julienne. 10 Consommé à la Brunoise.

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MRS. BEETON'S

EVERY-DAY COOKERY

NEW EDITION.

WITH COLOURED PLATES AND OTHER ILLUSTRATIONS.

LONDON:
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PREFACE

TO

MRS. BEETON'S COOKERY BOOKS.

MRS. BEETON has been the guide, philosopher, and friend of countless happy homes for more than half a century. Her Cookery Books have appeared amongst the wedding presents of every bride as surely as the proverbial salt cellars, and thousands of grateful letters from all English-speaking countries testify that they have often proved the most useful gifts of all. Mrs. Beeton's competitors have paid her the compliment of imitation and adaption up to, and sometimes beyond, the limits that the law allows, but her work stands to-day, as of old, without a rival. Press and public alike proclaim its merits, and even the writers of romances of domestic life have recorded how it constantly rescues young housekeepers from perplexity and woe.

Sir Arthur Conan Doyle, in his great study of married life, entitled "A Duet, with an Occasional Chorus," makes his heroine say—"Mrs. Beeton must have been the finest housekeeper in the world. Therefore, Mr. Beeton must have been the happiest and most comfortable man"; and his hero concludes that Mrs. Beeton's book "has more wisdom to the square inch than any work of man"—a wonderful testimonial when one remembers that the book thus praised contains more than 80,000 square inches of closely-packed information.

The great reputation of Mrs. Beeton's Cookery Books was not attained solely by the merits of the first issues. The books have been tried and tested, and not found wanting, by generations of successful housewives. Mrs. Beeton brought to their origin such ability, method, and conscientious care that with the exception of corrections demanded by changing prices, processes, and materials, her work stands practically unaltered to the present day. While little has been taken away, very much has been added. The changing years brought extra information, new features and increased size. The world of late has travelled at electric speed, and the far-reaching changes of time have touched household affairs from almost every standpoint.

In cookery, for example, where the growth of recipes is most noticeable, many causes have contributed to change. We have relinquished almost entirely the old British prejudices against things foreign, and adopted, in great measure, those French methods which established a bond of union among good cooks all the world over, long before *l'entente cordiale* became a recognised newspaper phrase. Increased habits of travel have taught us the favourite dishes of other countries, while improved means of transport have brought to our doors fresh food supplies from all quarters of the earth. Cookery schools and classes have also educated many mistresses to the possibilities of the art, and encouraged them to insist on more variety and delicacy in their daily fare than the plain cook of old was wont to furnish. In short, every tendency of modern life, with greater wealth possibly—greater luxury certainly—is towards a tremendous enlargement of everyday cookery. In the present issue is given all information necessary to meet present-day demands in this respect.

Years ago, Mrs. Beeton and her Publishers felt the demand for, and the necessity of producing, Cookery Books that would meet the requirements of smaller households than those in which such a very comprehensive volume as MRS. BEETON'S HOUSEHOLD MANAGEMENT is a necessity; consequently they published the present volume (MRS. BEETON'S EVERY-DAY COOKERY), MRS. BEETON'S FAMILY COOKERY, MRS. BEETON'S ALL ABOUT COOKERY, and MRS. BEETON'S SHILLING COOKERY, confident that the public would find them the best of their kind, and in them a fund of information—more, indeed, than is to be found in any other work on cookery of comparative size and price. That such confidence has been justified is proved by the welcome and popularity that have been accorded these books.

Amongst the principal features of this new issue of MRS. BEETON'S EVERY-DAY COOKERY are the following :—

COOKERY.—All the old cookery recipes have been carefully re-tested and prices and details altered wherever necessary. Hundreds of new recipes are given, contributed by some of the most famous chefs and teachers of the art that the world contains.

CARVING.—Our ancestors held a practical knowledge of this art indispensable to the education of every gentleman. We moderns also realise how much a really good carver can do towards diminishing waste, distributing choice portions equally, and maintaining the sightly appearance of a joint. The art has been thoroughly dealt with and very fully illustrated by a unique series of photographs of the methods of the best professional carvers.

TRUSSING.—This, a frequent difficulty in small households, has been carefully explained and illustrated by numerous photographs, showing the methods of the best professionals.

PRICES.—The cost of the recipes and the prices of articles mentioned in this book have been most carefully, minutely, and diligently averaged from lists compiled from the most reliable authorities all over the kingdom. The task of estimating these prices has been among the most difficult and perplexing problems encountered in revising this work. Some provisions fluctuate greatly in price from day to day, whilst a very great difference indeed exists between the cost of purchases made in town or country, for cash or for credit, by mistress or by maid, selected personally or as allotted to you to suit the convenience of a tradesman. After a most minute consideration of the factors involved, we believe the costs given in our recipes should hardly ever be exceeded, whilst the housewife who gives the trouble needed to buy in the most advantageous manner, will often be able to effect a very considerable saving on the prices quoted.

VEGETARIAN COOKERY, which is so strongly believed in and practised by many thousands, has been carefully dealt with, and recipes for all kinds of dishes are included.

CHAFING DISH AND CASSEROLE COOKERY, now so popular with cooks and at picnics, and indispensable in flat life and for all amateur cookery and impromptu meals, necessitates many new recipes.

COLONIAL AND FOREIGN COOKERY.—This branch has received particular attention. Australian, American, Canadian, South African, German, Italian, and all foreign cookeries, have been treated of, and included amongst the recipes are all the most popular and typical dishes of the Continental nations and the Colonists, so that Britons living under other skies may learn how to combine the dishes of their adopted country with those of the Motherland. We at home may also gain variety in our own menus, and learn how to give complimentary and characteristic repasts when welcoming guests from abroad.

APPEARANCE.—The book has been re-composed throughout from a special fount of new type, of size and clearness to suit modern requirements, printed on the best English paper, and strongly and artistically bound in cloth, full gilt.

ILLUSTRATIONS.—The book has been copiously illustrated in the most useful manner. Hundreds of photographic reproductions of actual dishes, processes, and materials have been included. No expense, however great, has been spared in obtaining the best possible results. The numerous coloured plates have been faithfully reproduced from nature, and printed in fourteen colours in the highest style of lithographic art.

It would be out of place in a preface to allude to all the many features of our new issue. For details, and also because it is easy in a book of this size to look for information in the wrong place, we would ask our readers to make use of the very comprehensive analytical index and tables of contents. Careful attention should also be given to the Note on page 140.

MRS. BEETON'S EVERY-DAY COOKERY, as it now stands, contains one-third, or 200 pages, more than the previous edition, and is offered at the same price. The Publishers hope that this new and enlarged issue will meet with the same hearty welcome that its old and well-tried predecessors have always enjoyed.

WARWICK HOUSE,
SALISBURY SQUARE, LONDON, E.C.
1907.

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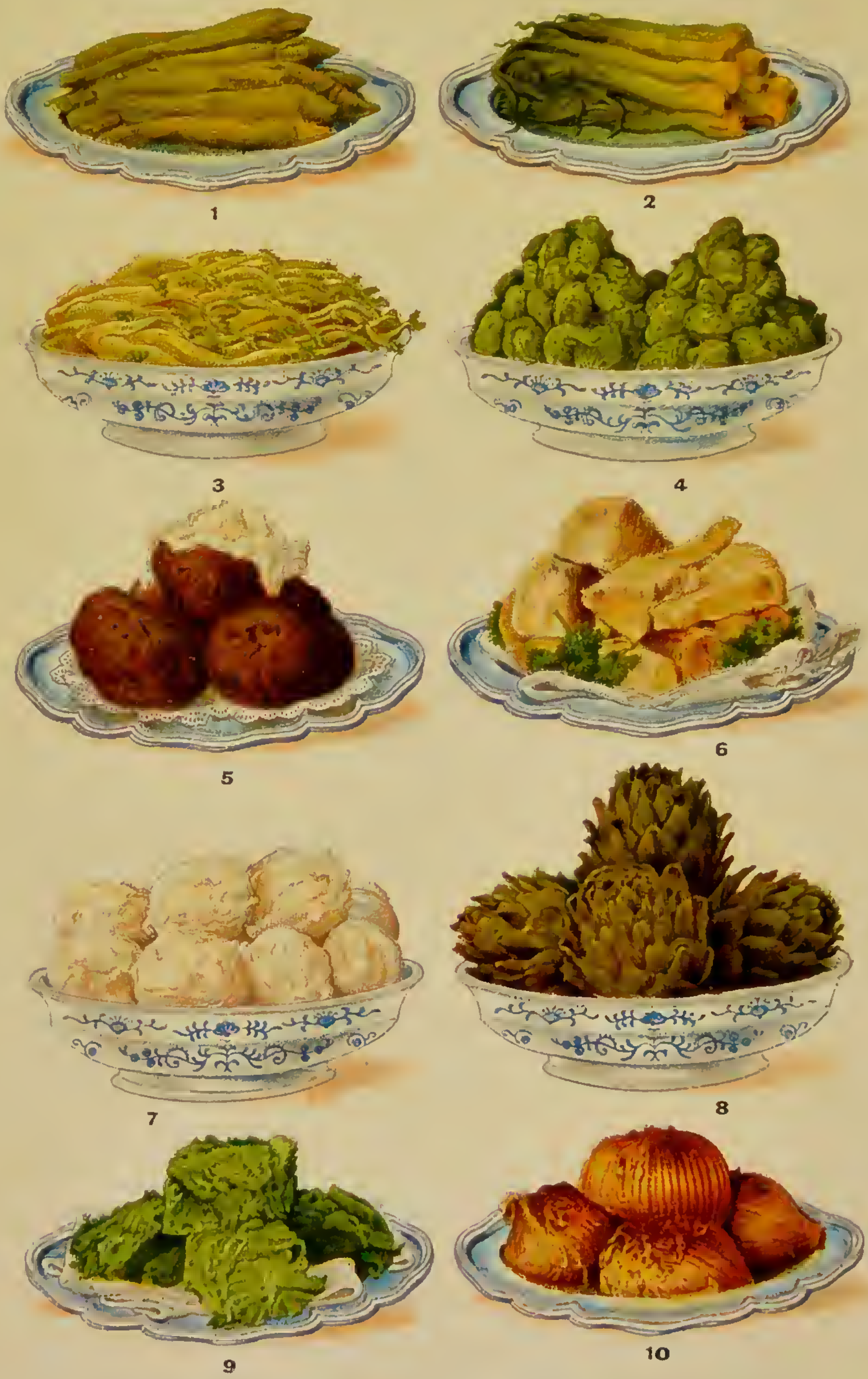


VEGETABLES—1 Braized Celery. 2 Leeks. 3 Boiled Seakale. 4 Brussels Sprouts. 5 Baked Potatoes. 6 Parsnips. 7 Boiled Potatoes. 8 Artichokes. 9 Cabbage. 10 Braized Onions.

INTRODUCTION TO COOKERY.

Cookery and the Artificial Preparation of Food has one chief object, i.e., to assist in the wonderful series of changes known as digestion and assimilation. A secondary aim is to render certain foods, noxious in their natural state, fit for human consumption. The potato and manioc are poisonous when gathered, but rendered harmless by the cook. Many declare that the art of cookery, as now understood, only results in the persistent overtaxing, instead of lightening the labours of, the digestive organs. But let us imagine what it would mean to go back to pre-cooking days, or even return to the coarse abundance of our nearer forefathers ; and all will agree that the properly trained cook is more friend than foe.

Excellence in the Art of Cookery, as in all other things, is only acquired by experience and practice. In proportion, therefore, to the opportunities which a cook has had of these, so will be his excellence in the art.

The Art of Cookery.—Within the last few years cookery has made great strides. The cook has turned philosopher, and loves—if not the process of reasoning—at least to be told other people's "reasons why" for the operations of the kitchen. Chemistry is a recent science, and is now in an active state of growth. Every day something is being added to our store of physiological knowledge. The science of food cannot advance a step but by the help of one of these. Formerly the art of cookery had little enough to do with either, and flourished long before chemistry and physiology in their modern acceptation were known.

Science applied to agriculture has enabled us to support a larger population in greater comfort ; science applied to food and cookery will enable us to do this and more. We can confidently look forward to the time when in the chemist's laboratory the transformation of nature's laboratory shall be imitated for the feeding of our starving millions. That goal is a very long way off, and we trace out only the first steps of the road towards it. But, as we said at the outset, good cookery must always mean the successful doing or easing in the kitchen of Nature's work.

Everyday Science.—It is curious that everyone knows the reason for some processes in cookery, while for other methods, equally common, no reason is assigned. It is safe to assert that supporting or condemning all such processes there is scientific fact, and if every intelligent cook would try to find out the reason for what is done, our knowledge would soon emerge from its present chaotic condition.

Reasons for Cooking.—Food is prepared and cooked for six reasons: (1) To render mastication easy; (2) to facilitate and hasten digestion; (3) to convert certain naturally hurtful substances into nutritious foods; (4) to eliminate harmful foreign elements evolved in food (e.g., the tinea of tapeworm in beef and mutton; trichinae in pork; the ptomaines resulting from tissue waste); (5) to combine the right foods in proper proportions for the needs of the body; (6) to make it agreeable to the palate and pleasing to the eye.

It may be said that the last "reason" is in flat contradiction to number two; that is only apparently so. Apart from the purely æsthetic value of an agreeable meal, and a well-spread table, there remain many solid arguments for reason number six. "The eye does half the eating." The street boy who flattens his nose against the pastrycook's window-pane, while his mouth waters at the sight of the good things within; the animal, which, before it is killed, is shown food, in order that it may produce pepsine; the starving man whose pangs are even sharper when he smells someone else's good dinner; all are so many witnesses that the sight and smell of food cause the digestive juices to flow more abundantly.

Pleasant flavours are a necessity of diet. No man could be nourished on tasteless food, though arranged on the most approved scientific basis. No man can live healthily on a monotonous diet, though there may be nothing wanting from the point of view of chemical analysis. The health of the inmates of public institutions has over and over again shown noticeable improvement by reason of some change in the dietary, not implying greater expenditure, nor greater nourishment, nor even alterations of constituents.

Mastication acts mechanically in subdividing food, and so exposing a greater surface to the action of the digestive juices with which it afterwards comes in contact. It acts chemically by reason of the digestive power of saliva on starch. Among animals there are some gramnivora that spend a large part of their time in chewing their food, the flow of saliva being very profuse; there are others, chiefly carnivora, that bolt food whole, and afterwards digest at leisure. Prepared food is more or less divided, so that to some extent mastication is superseded. For the rest, in the kitchen starch is hydrated, fibre softened or made brittle, dough vesiculated, albumen coagulated, and indigestible matter removed.

Anyone may perceive how impossible it would be to masticate a mouthful of flour, and how raw meat would clog the teeth. We should fare badly if all the grinding and subdividing of food had to be accomplished by human teeth.

Action of Heat.—The most important results of cookery are to be ascribed to the action of heat upon the various constituents of our food. Many foods that we now eat would become useless to mankind if we had to eat them raw. Cooking may not always alter the chemical constitution of a food, but even then it may entirely change its practical value to mankind. As a matter of fact, however, heat does alter the chemical nature of a great many foods to a considerable extent. Still, even if the change may be nothing that chemical analysis can detect, yet it is perceptible to everyone who eats a dinner.

There is no greater mistake than to suppose that the chemical analysis of a food tells us its value. Flesh and bones, and fat and heat can be, by some warm-blooded animals, obtained from a diet of grass or woody fibre, but we should starve in the midst of such plenty.

Many of the changes wrought by heat are easily explained. Whether albumen is barely coagulated or is hard and horny, whether fibre is shrivelled or swelled, whether gelatine is dry and brittle or dissolved, it does not take a scientific head to discover. But science tells us why these things are, and so enables us to bring our food readily into whatever state we will.

Given certain food, one cook so manipulates it that the consumer is well nourished and pleased; another cook leaves him hungry and discontented.

Combination of Foods.—In preparing food we must remember also to combine all necessary foods in a right proportion. Some foods are deficient in one respect, some superabundant in another: a little addition here and there helps digestion and supplies the body with what it needs. All cooks do this in obedience to the natural promptings of the appetite. To rice, rich in starch, they add butter and cream; with peas, they serve fat bacon; salt-fish has less nourishment than its egg sauce; beef steak is balanced by boiled potatoes. But the customs of the kitchen often err, and we have much to learn that our artificially stimulated appetites fail to teach.

Not only is the deficient supplied, but the indigestible is removed. Bran from flour, paring from potatoes, cellulose from vegetables, go to feed animals whose digestions are stronger than ours, and who utilise our discarded food to produce other in a form more fitted to our powers.

Another service that cookery does is to economise our food by heating it. Part of what we eat is used as fuel or heat-giving food—is burnt or oxidised, to keep the heat of the body at a certain point. Wherever we live or whatever we do, as long as we are in health, our body temperature is always 98° Fahr. neither more nor less. When we take cold food, some of the heat of the body has to be used to heat it, for the same reason that when we put fresh coals on the fire the temperature of the room is lowered for a time. So we take our food warm and use coals to do what our food must otherwise do. There are burners that give a very brilliant light with little gas, because the spare heat of the flame is used to heat the gas that is presently to be burnt. We warm our food on precisely the same principle. Very hot food is always unwholesome, but warm food always goes further and is more nourishing than cold.

Amount of Food.—A day's rations for a healthy man of average size, doing moderate work, has been reckoned as follows:—

1. Water	4½ oz. avoirdupois.
2. Albuminoids	3
3. Fats, starch, sugar, etc.	14
4. Salts	1
	22½ oz.

For a woman, also working, the rations may be somewhat smaller, the proportions being the same, but the total about 3 oz. less.

This seems a small allowance, but when we remember that it is reckoned as dry food, and that food as we get it is always moist, generally containing rather more than half its weight of water, it appears that the food altogether should weigh about 40 oz.

The quantity required varies, however, very much within the limits of health. Every man requires more food if he works hard, and less if he has no work to do. Even doing the same work no two men will eat exactly the same, and it is only possible to calculate by taking an average of a large number of eaters. Generally speaking, more food is required in cold weather and cold climates than in hot. But it is necessary that all these four classes of elements should be represented in our daily food, and in something like the above proportion. If we have too little of any one class, we are sure to be ill, and if one class were to be quite left out we should die, even though we have plenty of other foods.

By whatever name we call our beverages, the chief constituent of them is water; and were we given but one food we could exist longer on water alone than upon any other, except milk. In every food, even when artificially dried, there is a percentage of water, and taking foods one with another there is about half water. But the amount varies; in lettuce, 96 per cent. is water; in onions, 91; in lean meat 75; in wheat, 14. Artificially dried substances are ready to take up water from the atmosphere, a fact of practical interest to the housewife, who will remember that oatmeal, maize-meal, biscuits, and the like, soon become flabby and moist if they are left in the open air. It is generally agreed that animals thrive better on moist food than on dry food with water.

Carbonates and Salts include chloride of sodium, or common salt, as well as potash, phosphates of lime, and iron. Common salt is a necessary food, but the fact is that many persons nowadays get too much of it in the form of salt fish and flesh. It is the only mineral habitually added to food as such. Potash salts we find in all fresh fruits and vegetables. Probably no defect in diet is more common than a want of these, especially in our large towns. Lime is necessary for the building up of bones and teeth. We look for it in milk for the young, and in whole grains; and we know that it has been missing when we see weak and distorted limbs and broken teeth. Iron is generally thought of as a physic and not as a food. It is, however, a necessary constituent of the blood, and is chiefly derived in an organised form from fresh vegetables. It is also largely present in many natural tonic waters.

Starch or Floury Foods are the cheapest and most abundant of all, so that if people have enough of any food they are likely to have enough of these. Over-fed persons are an exception to this rule, for too small a proportion of their diet is starchy. Bread, potatoes, rice, barley, and all the floury foods contain more starch than anything else, and cornflour, arrowroot, sago, and tapioca are nearly pure starches. There is much starch, too, in beans, peas, and lentils, though they are generally spoken of as albuminoids, or flesh-forming foods, because of the very large amount of legumin that they contain. There is no starch in milk, but there is sugar, which replaces it. An infant can make no use of starchy food, having no power to digest it. Heated to 200° or 400°, starch becomes dextrine. The crust of a loaf, biscuits, and baked flour all show dextrine.

Sugar and treacle are good foods, and substitutes for starch. They are, however, apt to produce acidity in grown-up persons if used too freely, though children can and do eat large quantities without inconvenience.

The fats, starches, and sugars are called heat-producers, because they are oxidized or burnt in the body to keep up the temperature to its proper degree. From the starches and sugars fat is deposited, if more is consumed than is required to maintain the heat of the body; therefore, the way to get thin is to eat little or none of these, or, better still, to take plenty of exercise and let them become completely oxidized.

Fat.—Fat, whether it is in the form of butter, cream, dripping, meat, bacon, oil, or anything else, is necessary for food, and many persons suffer in health from want of it, especially among the poor, who cannot afford the dearer fats, or do not know the cheaper, and among the sickly, who cannot—or fancy they cannot—digest fat in any form. If it can be digested, one fat is as good a food as another. Cod-liver oil and cream are the easiest to digest. Fats that are greatly heated decompose, and are always difficult of digestion, which is the reason why fried food often disagrees. Many persons, who cannot eat a lump of fat with meat hot or cold, can eat buttered toast, suet pudding, or lightly fried bacon, or fat in one of the many forms in which it is served.

Fat and starch can replace one another to some extent, but there must be some fat, and it is better in this climate to have some starchy or floury foods. In the coldest countries plants will not grow, and so starch is unknown.

Albuminoids is a term that covers albumen and the food substances which serve the same purpose as albumen. Sometimes they are spoken of as flesh formers, or as nitrogenous foods, because they all contain nitrogen, and neither fats, starches, nor sugars do. Nothing that lives and grows is without nitrogen, and so we find it in large or small amounts in all plants as well as all animals. Our supplies of albuminoids, or flesh-formers, are obtained from lean meat, fish, poultry, game, as milk curd or cheese, eggs, gluten in flour, fibrine in oats, and in beans, peas, and lentils. Albumen is found in many other foods besides eggs. The blood of many animals contains it, and we have presently to speak of albumen in meat. In most vegetable juices and in many seeds and nuts we find it also.

Fibrine is also both animal and vegetable. From meat, wheat, and other corn grains we obtain our daily supply. Casein is an albuminoid that we find in the curd of milk, and in the pulses, beans, peas, and lentils. Vegetable casein is sometimes called legumin, but it was given that name before it was known to be practically the same as animal casein in milk. In China, cheese is made of curdled vegetable casein. Gelatine and some substances nearly like it are known as gelatinoids, and they can replace albumen in part, though not altogether.

METHODS OF COOKERY.

Six Methods of Cookery are commonly spoken of, viz.—1. Broiling; 2. Roasting; 3. Baking; 4. Boiling; 5. Stewing; 6. Frying.

Broiling.—The rules for broiling remain the same always. A hot fire at first, with a hot gridiron well greased. Frequent turning. No holes made in the surface, nor cuts to see if the meat is cooked.

The meat must be turned frequently, so that it may be heated and the albumen may coagulate all over and not merely on one side. Tongs are sold to turn it over with, because they cannot be used to stick into the meat and make holes for the juice to run out; but a knife or spoon or a fork run into the fat answers just as well in the hands of a cook who knows the reason why a blunt instrument is recommended. Some few broiled things should not be turned; a mushroom, for instance, is broiled stalk upwards. The inside of a split fish should first go to the fire, and afterwards the skin. Paper is wrapped round salmon and other fresh-water fish.

It is not an economical way of cooking, for, though quickly done, it takes a great deal of fuel to make a good broiling fire. The meat loses weight more than in most ways of cooking. And it is only suited for tender, juicy meat from the best joints.

Roasting.—This is the favourite national method of cookery. The immense stone hearths on which huge logs flared up an open chimney were just adapted for this style of cookery, and the open coal fires, in almost general use until the middle of the 19th century, were almost as prodigal of fuel. To roast before the fire could have become a national custom only where fuel was cheap. We now roast in the oven more often than before the fire; but even so it is not an economical way of cooking, because of the much greater amount of fuel necessary to heat the oven than to boil a saucepan. The waste in roasting is also great, from a quarter to a third of the total weight of a joint is lost in the process; only a small part of the loss being recoverable in gravy or dripping. Furthermore, it is a method only suited to the tender parts of meat, and does not answer at all for sinewy and gelatinous meat, which is the least expensive. Against this has to be set the fact that roast meat is agreeable to most persons' tastes, and is generally considered digestible. As in broiling, the object is to harden the surface albumen, and so to imprison the juices of the meat. This can only be done by making it very hot for a short time: the heat must afterwards be lessened by drawing the joint from the fire, or by cooling the oven. The larger the joint the smaller the fire, lest it should be burnt outside before it is cooked enough; but it should always be hot FIRST, and cool afterwards. In a perfectly roasted joint, the outside albumen should be thoroughly hardened, but inside it should only reach the moderate heat that just coagulates the albumen and swells and softens the fibrine; cooked more than this, the fibre becomes hard, and separates into bundles that offer an active resistance to teeth and digestive organs. It can scarcely happen to a large joint, but often does to a small one, and this is the reason why a small joint is often dry and hard. It is a sign of good meat and of good roasting to lose little in weight. Generally speaking, the loss is more before the fire than in the oven.

Baking naturally comes next to roasting; the two often do duty for one another. As in all other methods of cookery, the surrounding air may be many degrees hotter than boiling water, but the food is not appreciably hotter until it has lost water by evaporation, after which it may readily burn. The hot air of the oven is greedy of water, and evaporation is great, so that ordinary baking (i.e., just to shut the food into a hot-air chamber) is not suited for anything that needs moist heat. But baking often means to put some dry substance in a dish of water, and to shut it in the air chamber, and under such circumstances it amounts to much the same as boiling, with surface heat added.

To test the heat of an oven, special thermometers are made. For meat the temperature should be about 300° Fahr.; for bread, 360°, afterwards lowered; for pastry, about the same, the richest pastry requiring the hottest oven. The heat may be tested with a sheet of writing-paper, which curls up brown in a pastry oven, or with flour, which takes every shade from coffee colour to black, when sprinkled on the floor of the oven. Experienced cooks test very accurately with the hand.

The hot air of the oven sometimes imparts disagreeable flavours to the things cooked; but this can be avoided by keeping the oven scrupulously clean and having it well ventilated.

Boiling is generally thought to be the easiest method of cooking. Certainly nothing could be less troublesome than the simple process of boiling or stewing meat; and yet beef tough and flavourless, or a leg of mutton boiled to rags, is the rule rather than the exception. The success of this culinary method depends entirely upon the liquid in which the material is immersed or partially immersed being kept at a suitable temperature.

The temperature of boiling water at sea-level is 212° Fahr. and 100° Cent. In a mine, where the level is considerably lower than that of the sea, the water reaches a higher temperature before boiling, because the air, being more dense, offers greater resistance to it; consequently the water must acquire more heat and force to overcome this resistance before it can boil. Conversely, as we ascend a mountain we leave behind the more dense part of the atmosphere, and the column of air, reaching from the earth into space, becomes less in height, and so exerts less pressure on the surface of the water, which consequently boils at a lower temperature. But, whether the water boils gently or is in a state of violent ebullition, the temperature remains the same, and anything immersed in the water will cook at an equal rate, although there will be a wide difference between the tender, juicy joint cooked at simmering point and the tough, stringy meat that has been quickly boiled.

In order to point out the right heat, we must first know which of several substances we have to deal with, and how each one of them is acted upon by heat.

The simplest thing to boil is an egg. The white is little more than albumen and water; the yolk contains albumen and water with some oil and some sulphur, but the albumen is of a rather different character.

We have seen that albumen begins to coagulate at 145°, sets into a jelly at 160°, and at a higher temperature quickly becomes tough and hard. Eggs should, therefore, be gently boiled. Some recommend the plan of putting the egg into a saucepan of boiling water, taking the pan off the fire and letting it cook so. Others prefer to put the egg in cold water and to take it off directly it boils.

In boiling lean meat we must deal with albumen again. Just as the white of an egg hardens by boiling, so does the albumen in a leg of mutton. Plunge it into boiling water, and on the surface an impervious crust is formed that prevents the juices of the meat from escaping. Once that is done, the boiling should cease, for the toughening of the albumen throughout the joint is as undesirable as the escape of the juices. Boiled meat intended for table should never be put into cold water : firstly, because the surface albumen is dissolved, and, afterwards, when the water boils, hardens and rises as scum ; also, secondly, because the salts and extractives are dissolved, leaving the meat dry and flavourless. Cold water first and fast boiling afterwards (the common way of cooking) is the worst possible way, for the meat is not only dry, but hard. If the meat is to be boiled for soup, the object is to extract all the juice, the soluble albumen, and as much gelatine as may be, so that it should be cut up to multiply surfaces, put into cold water, and heated slowly to boiling point. To attain contrary ends, contrary means must be used.

The exceptions to this rule, if any, for boiling meat are in the case of sinewy and tendonous meat where gelatine is abundant. To make it soft and eatable, long, continued boiling is necessary. Calf's head and feet, veal tendons, cow heel, and tripe are often put into cold water.

Flour Foods, such as macaroni, rice, sago, cornflour, and flour puddings, should be kept all the time in boiling water, in order to burst the starch granules. The mechanical action of fast bubbling water is often useful, partly in preventing grains of rice, etc., from settling to the bottom of the saucepan.

Boiled Fish.—In the case of fish, the water should be kept below bubbling point, otherwise it may crack the skin and so spoil the appearance of the fish ; and, on the other hand, if the fish is put into cold water, it, like meat, has much of its goodness and flavour extracted. So a compromise has to be made here, and the best plan is to put it into water as hot as the skin will bear (which varies with each fish), and to put salt with the water, or lemon-juice, or vinegar, because albumen sooner coagulates if acid is added to it. Vinegar with a poached egg answers the same purpose. Vegetables, with few exceptions, should be put into boiling water.

Stewing almost invariably requires a heat much below that of boiling water : 165° is about stewing point. Whatever is stewed, parts with much of its goodness to the surrounding liquor, which should not, therefore, be wasted. Less liquid is used than in boiling. It is a method particularly suitable for all gelatinous meat, such as knuckles, heads and feet, and for all tough, fibrous meat, because long-continued, moderate heat, with moisture, is the best way of bringing gelatine and tough fibre into an eatable condition. It is the cheapest method of cooking for several reasons. Little heat is required, therefore little fuel used. Nothing is wasted ; whatever goes into the pot comes out. The cheapest and coarsest meat can be used, and very little attention is needed while cooking. In order that all the juices may not be extracted from the meat, it is sometimes fried before stewing ; this gives it a good colour, and also hardens the surface albumen and prevents the soluble matters from escaping. A stew should not bubble and boil. It should stand by the side of the stove, and should never do more than bubble occasionally and leisurely at one side of a large pan. A jar well tied down and set in a cool oven makes a capital stewing utensil, or a jar set in a saucepan and surrounded by boiling water.

One difficulty is that carrots and turnips when they are old and tough ought to be boiled, and so do not agree with a small piece of stewed meat. Cooked together, one must be spoiled. It is the best plan to boil the vegetables first, and then to use them and their liquor for the stew.

A common mistake is to put in too much liquid. The raw meat supplies some liquid by its own juices, and many do not sufficiently realise that at the moderate heat of stewing there is very little waste by evaporation.

Frying has been described as boiling in fat. It is not a correct phrase, because the fat is not boiled, and the thing fried is not always immersed in fat. It is the quickest mode of cooking, because melted fat or oil can be brought to a high temperature, and, by contact with it, the food fried is very quickly and very much heated. All fried food is heated beyond boiling water point on its surface ; if the frying is prolonged, the meat is over-heated throughout, so that this method is not fitted for food that should be slowly cooked at a low temperature, such as tough meat.

The point to which fat or oils may be heated varies, some burning much more readily than others. About 350° to 400° is a suitable temperature ; it can be higher ; it should sometimes be lower for things that need slow cooking, but it is usually better to begin at a high temperature and lower it afterwards. The temperature is always lowered, by putting in the cold things to be cooked, to a degree that is determined by the relative quantity of fat and food, and by the sort of food. The temperature can be taken accurately with a thermometer constructed specially for the purpose ; it can be taken approximately by several homely devices.

1. Drop in a few drops of water. If the fat bubbles thereupon, it must be hotter than 212° ; if it bubbles smartly, it may be taken at over 300°.
2. Drop in a piece of bread, and take it out at the end of half a minute. If the bread is crisp, the fat is about 350° or more.
3. Parsley that becomes crisp immediately it is dropped in means fat at 350° or more.
4. The more violent the bubbling when anything is put in, the hotter the fat.
5. A thin, filmy, blue smoke rises when the fat is fit for frying, and then becomes thicker until the fat is burning, when there is a dense cloud.
6. Fat, unless it has left off bubbling and is quite still, is never hot enough to fry.

These rules are true of all fat, and more or less of all frying. But there are two ways of frying, known to cooks as DRY FRYING, and frying in deep fat; the latter method being also known as "French frying." The former is more common; the latter is more economical, and produces better results.

Deep frying or frying in a saucepan, means that there must be fat enough to cover what is fried, and a pan deep enough to contain it. It is economical, for the fat can be used over and over again, and, if sufficiently hot, does not soak into the food fried, which, consequently, comes out quite dry and without any of the greasy moisture of frying-pan cookery. In the long run, less fat is used than for ordinary dry frying, though, of course, there is a greater outlay to begin with. An iron or steel saucepan must be used, as the heat of the fat melts the solder of a tin pan; it is a good plan to keep one for the purpose. Frying baskets should be used for all delicate frying, so as to do away with the need for much handling, and to lift all the things out at the same moment. Failing a basket, an iron spoon or slice may be used, but not of tin or Britannia metal, as they would melt. Baskets should not be used for fritters, which stick to the wires. As the basket always expands with heat, it should not be a very tight fit for the pan.

Dry Frying is so called because of the small amount of fat used, not because of the dryness of what is fried, for things fried this way are very apt to be greasy. Sometimes the frying is so "dry" that only just fat enough is used to prevent the meat from sticking to the pan, just as the bars of a gridiron are greased. The iron pan is heated, and the meat is cooked by heat directly communicated from the hot iron. Such frying, in fact, is an imitation of broiling, and usually an unsuccessful imitation. There should always be at least enough fat to cover the surface of the pan, and it always should be made as hot as possible without burning, before beginning to fry. To put cold fat and cold pan and cold chop on the stove, and let them all heat together, is always a mistake sure to result in a greasy, juiceless chop with burnt fat. WHATEVER AND HOWEVER YOU FRY, FIRST HEAT THE FAT.

Fat for Frying.—Melted suet or fat can be used for French frying, and mutton is less likely to burn than beef, but either or both together will do. Lard should never be used, for it always leaves an unpleasant flavour and costs more than beef or mutton fat. Oil is to be preferred to, and can, without burning, be made hotter than any fat. Olive oil is often recommended, but it is costly, and much of the oil sold as olive is largely adulterated with cotton-seed oil, which is far cheaper than any fat used as food. Unfortunately, though a great deal is sold, not much is sold under its right name or at a fair price, except to cook-shops or to the vendors of fried fish. Many specially prepared fats are now on the market; they vary greatly. Some are merely beef fat, freed from skin and blood, and melted into cakes; these can be used like suet. Others are solidified cotton-seed oils, purified nut oil, etc. These are sold plain or as blends. Some of them are excellent for frying purposes, and are economical where much frying is required. Animal fats, with the exception of refined lard, burn quicker than vegetable fats. Butter is the soonest spoilt by high temperatures.

To clarify fat or suet for frying, it should be cut up into small pieces, put into a saucepan with just enough water to prevent burning, heated over a slow fire until the liquid fat is quite clear, and then strained. The pieces strained out are an economical substitute for suet for short cakes, puddings, etc. After using several times, the fat can be purified by pouring it whilst hot into a pan of water and well stirring; the pieces and impurities settle at the bottom of the cake of fat or sink into the water. The fat should be also occasionally strained when cool; if it be strained directly after frying, it will melt any soldered strainer. To fry well the food should be dried. Fish can be lightly coated with flour; vegetables well dried in a cloth. Before dropping into hot fat anything that contains much water, lift the pan off the stove, as the fat is likely to bubble over and catch fire.

Many things that are fried are previously covered with egg and breadcrumbs, or flour and milk, or batter, in order that a crust may be formed round them to keep the juice in and the fat out. The essential thing is to cover them completely and leave no crack.

HINTS FOR AMATEUR COOKS.

The two most common faults with amateur cooks are not giving sufficient time and attention to the details of preparation, and ignorance of the varying action of heat. It is admitted that the making of soups and sauces is a test of a good cook. Now, both soups and sauces (with a few exceptions, which prove the rule) require very careful preliminary preparation and close attention during cooking. The time devoted to planning, cleaning, chopping, paring or trussing, as the case may be, is not lost. The actual process of cooking is immensely facilitated, and success half assured, if everything has been properly prepared beforehand.

Then, as regards the utilisation of heat—it is essential in boiling and roasting that the temperature should be very high at first, to prevent loss of nutriment, and then be lowered to prevent the meat being scorched and dried. In stewing, however, (and this applies to soup-making), the heat should be moderate and the cooking slow. Frying in most cases should be done in hot fat, so a deep vessel full of oil or fat at a very high temperature should be used. Omelets, pancakes, and a few other preparations only require to be placed in a pan with a little butter, in such cases the fire should be fairly brisk. When using an oven, if the dish requires long cooking, get up a high temperature at first, and then lower it slightly; but pastry requires quick cooking in a fairly brisk oven.

All dishes should be duly flavoured with the necessary condiments during the process of cooking, except in the case of roast meats, when salt should only be applied just before serving. Water is a solvent, so all meat and vegetables should be plunged into fast boiling water, unless the object is to extract flavour for making soups. Dried peas and beans, however, should be put on in cold water, as it is necessary to soften them.

Amateur cooks may prepare dainty breakfasts and suppers if they give their attention to the peculiarities of electric heated stewpans, or the still more convenient chafing-dish. The dishes prepared in these vessels are generally of the stew or *daube* order. For stews a fairly large amount of sauce is allowed, and the cooking should be somewhat moderate ; for *daubes* very little moisture is allowed, and the pan must be closely covered ; apply high temperature, then lower and finish with reduced heat. Gas as well as electric heat and the spirit lamp can be easily regulated as desired.

For outdoor cooking (picnics and camping), the chafing dish is useful, but should be supplemented with a tinplate oil cooking-stove, which generally provides an oven, hot plate, and ring for kettle or stewpan.

For emergencies a good substitute for cream can be made with fresh milk, a little butter and flour.

If milk cannot be procured for tea and coffee, use an egg beaten up to a froth.

If fresh-water fish is caught and has to be cooked, wash thoroughly in clean water ; if small, fry ; if large, stew with a sauce, in which wine or vinegar and aromatic herbs are used.

PRESERVATION OF FOOD.

An important consideration is, how food may be best preserved with a view to its being suitably dressed. More waste is often occasioned by the want of judgment, or necessary care in this particular than by any other cause. In the absence of proper places for keeping provisions, a hanging safe, suspended in any airy situation, is the best substitute. A well-ventilated larder, dry and shady, is better for meat and poultry, which require to be kept for some time ; and the utmost skill in the culinary art will not compensate for the want of proper attention to this particular. Though it is advisable that animal food should be hung up in the open air till its fibres have lost some degree of their toughness, yet, if it is kept till it loses its natural sweetness, its flavour has become deteriorated, and, as a wholesome comestible, it has lost many qualities conducive to health. As soon, therefore, as the slightest trace of putrescence is detected, it has reached its highest degree of tenderness, and should be dressed immediately. During the sultry summer months, a good deal of meat is either tough or tainted. It should, therefore, be well examined, and if flies have touched it, the part must be cut off, and the remainder well wiped with a clean cloth dipped in warm water and vinegar. In loins of meat, the long pipe which runs in the cavity of the bone should be taken out, as it is apt to taint, as also the kernels of beef. Rumps and aitch-bones of beef should not be purchased when bruised.

All these things ought to enter into the consideration of every household manager ; and great care should be taken that nothing is thrown away, or suffered to be wasted in the kitchen, which might, by proper management, be turned to a good account.

The shank bones of mutton, so little esteemed in general, give richness to soups or gravies, if well soaked and bruised before they are added to the boiling liquor.

Roast beef bones or shank-bones of ham make excellent stock for soup.

When the whites of eggs are used for jelly, confectionery, or other purposes, a pudding or a custard should be made, that the yolks may be used.

All things likely to be wanted should be in readiness: sugars of different sorts; currants washed, picked, and perfectly dry; spices pounded, and kept in very small bottles closely corked, or in canisters, as we have already directed. Not more of these should be purchased at a time than are likely to be used in the course of a month.

Much waste is always prevented by keeping every article in the place best suited to it.

In very cold weather, vegetables touched by the frost should be brought into the kitchen early in the morning and soaked in cold water. Vegetables keep best on a stone floor, if the air be excluded; meat in a cold, dry place, as also salt, sugar, sweetmeats, candles, dried meats, and hams.

Rice, and all sorts of cereals for puddings, should be closely covered to preserve them from insects; but even this will not prevent them from being affected by these destroyers, if they are long and carelessly kept in a damp place.

Pears and grapes should be strung, and hung up in a cold, dry place. Apples should be laid on straw, after being carefully wiped, and should not touch each other. They keep better on wood than on china.

COST AND ECONOMY.

Two foods may cost the same and weigh the same, and yet one may be far more economical than the other. For one may be very nourishing, containing a kind of food that is not cheaply to be bought, and it may, besides, be such that it takes up water and increases in weight in the cooking. The other is a moist food, and will lose weight before it comes to table, or it may be starchy food, which can always be bought at a low price; or it may contain bone and waste. One very good contrast is afforded by a pound of rumpsteak at fourteenpence, and a pound of beans and lentils at twopence. Both are bought for the sake of flesh-forming, or nitrogenous food. From neither is there actual waste to be cut away. But the broiled meat will not weigh more than 12 oz. when it comes to table, and the pulse will have taken up more than its own weight of water, which costs nothing. We have two pounds of food for twopence against three-quarters of a pound for one and twopence.

This must always be remembered in dealing with all dry foods. One pound of Indian meal weighs, when cooked, three pounds; half a pound of macaroni increases to two pounds. Comparing rice to flour, if both are the same price, flour is cheaper because it is less starchy, and people who reckon such small economics as these are generally ill-fed, needing flesh-formers, which are chiefly to be found in the costlier foods.

As a third example, we may take beefsteak as compared to mutton chops; they are usually about the same price per pound, but there can be no question which is the cheaper of the two, for the beef has no bone and little fat.

TABLE OF EQUIVALENTS.

Scales and weights for weighing are desirable in all culinary operations, but they are not indispensable ; for weights and measures have their equivalents, as the appended tables will show. Failing weights and scales, all ingredients should be measured in cups, spoons, or whatever utensil or vessel may be best suited to the quantity. But whether the ingredients are intended for a cake, pudding, soup, or sauce, something more than exact weight and measure and careful mixing is required. The recipes give precise directions as to application of strong or gentle heat, and whether the vessels are to remain uncovered or otherwise. If these directions be disregarded, and soups and stews are allowed to reduce themselves by evaporation and rapid boiling, it naturally follows that the amount of liquid allowed for the stew is too little, and the quantity of thickening intended for the soup will be found too much. If eggs were of uniform size, and if flour always absorbed the same amount of liquid, it would be possible to state precisely how many eggs or how much milk would sufficiently moisten a given quantity of flour. As matters stand, indecisive terms and directions are occasionally unavoidable ; sometimes something must be left to the discretion and common-sense of the worker.

1	Breakfastcupful	of water or milk	Measures	½	pint.
1	Teacupful	,, ,,	,,	¼	,,
4	Tablespoonfuls	,, ,,	,,	¼	,,
1	Wineglassful	,, ,,	,,	⅛	,,
1	Breakfastcupful	of moist sugar (heaped)	Weighs	½	lb.
1	,,	castor ,, ,,	,,	7	oz.
1	,,	rice ,, ,,	,,	7	,,
1	,,	butter, lard, or dripping (heaped)	,,	7	,,
1	,,	suet finely chopped(hpd.)	,,	4	,,
1	,,	breadcrumbs,pressed in ,,	,,	4	,,
1	,,	sago, tapioca, semolina ,,	,,	4	,,
1	,,	flour, cornflour ,,	,,	4	,,
1	Tablespoonful	of suet finely chopped (hpd.)	,,	1	,,
1	,,	flour ,,	,,	1	,,
1	,,	moist sugar ,,	,,	1	,,
½	,,	golden syrup	,,	½	,,
1	Dessertspoonful	of flour (heaped)	,,	½	,,
1	,,	moist sugar (heaped)	,,	½	,,
1	,,	golden syrup (level)	,,	1	,,
1	,,	marmalade ,,	,,	1	,,
1	Saltspoonful		is equal to	½	teaspoonful.
1	Teaspoonful		,,	½	dessertspoonful.
1	Dessertspoonful		,,	½	tablespoonful.
6	Ordinary-sized lumps of sugar		weigh	1	oz.
1	Piece of butter or fat, about the size of an egg		,,	1	,,

WORK IN THE KITCHEN.

The cook is queen of the kitchen ; and if she be clean, neat, orderly, and quick in her work, those who are under her will emulate these good qualities ; upon her the whole responsibility of the kitchen rests, whilst the duty of others is to render her ready and willing assistance.

The cleaning of the kitchen, passages, and kitchen stairs must always be over before breakfast, so that it may not interfere with the other business of the day. Everything should be ready, and the whole house should wear a comfortable aspect.

The Preparation of Dinner is the most important part of the cook's work, as she has to see to the dressing and serving of those dishes which her skill and ingenuity have prepared. Whilst these, however, are cooking, she must be busy with her pastry, soups, gravies, entrées, etc. Stock, or what the French call *bouillon*, being the basis of most made dishes, must be always at hand, in conjunction with sweet herbs and spices for seasoning. "A place for everything and everything in its place," must be the rule, in order that time may not be wasted in looking for things when they are wanted, and that the whole business of cooking may move with the regularity and precision of a well-adjusted machine. All must go on simultaneously. The vegetables and sauces must be ready with the dishes they are to accompany, and the smallest oversight must be avoided in their preparation. It is a good plan, when a dinner of many courses has to be prepared, to write out, and hang in a conspicuous place, two lists of the day's dishes, one of the order in which they must be *served*, with every accessory complete, that nothing may be forgotten, and one of the order in which each should be *cooked*, that nothing may be over or underdone. When the dinner-hour has arrived it is the duty of the cook to dish up such dishes as may, without injury, stand for some time covered on the hot plate or in the hot closet ; but such as are of a more important or delicate kind must be delayed until the order "to serve" is given. Then comes haste ; but there must be no hurry—all must work with method. The cook takes charge of the fish, soups, and poultry ; and the kitchen-maid of the vegetables, sauces, and gravies. These she puts into proper dishes, while the scullery-maid waits on and assists the cook. Every dish must be timed so as to prevent its getting cold, whilst great care should be taken that no more time is lost between the courses than is absolutely necessary, for good serving, hot plates, gravy, and sauces that have not been allowed to get cold and greasy, are vital factors in providing a good dinner. When the dinner has been served, the most important item in the daily work of the cook is at an end. She must, however, every night and morning, look to the contents of her larder, taking care to keep everything sweet and clean, so that no disagreeable smells may arise from the neglect of this precaution.

Importance of Cooking.—A good cook has every reason to magnify the office she holds, for her work influences not only the comfort but also the health of the whole household, and mindful of this responsibility, she will take care to study both the needs and tastes of those whose food she prepares. With invalids and people in delicate health, this care is of the utmost importance.

Make a rule to send everything up to table really well cooked. Do not regard this as an impossibility, for it can be done.

Accidents, of course, will happen (though but rarely with proper precautions); fires will not always burn, nor ovens bake, as they should; but if the joint, or whatever it may be, cannot be done to time, do not send it up raw, but obtain a little grace. If anything is really spoilt (as even with care it sometimes is), confess the fact, and do not serve a dish calculated to take away people's appetites.

Cleanliness.—A dirty kitchen is a disgrace to all concerned. Good cookery cannot exist without absolute cleanliness. It takes no longer to keep a kitchen clean and orderly than untidy and dirty, for the time that is spent in keeping it in good order is saved when culinary operations are going on and everything is clean and in its place. Personal cleanliness is most necessary, particularly with regard to the hands.

Dress.—When at your work dress suitably; wear short dresses, well-fitting boots, and large aprons with bibs, and you will be comfortable, as you never can be with long dresses, small aprons, and slipshod shoes.

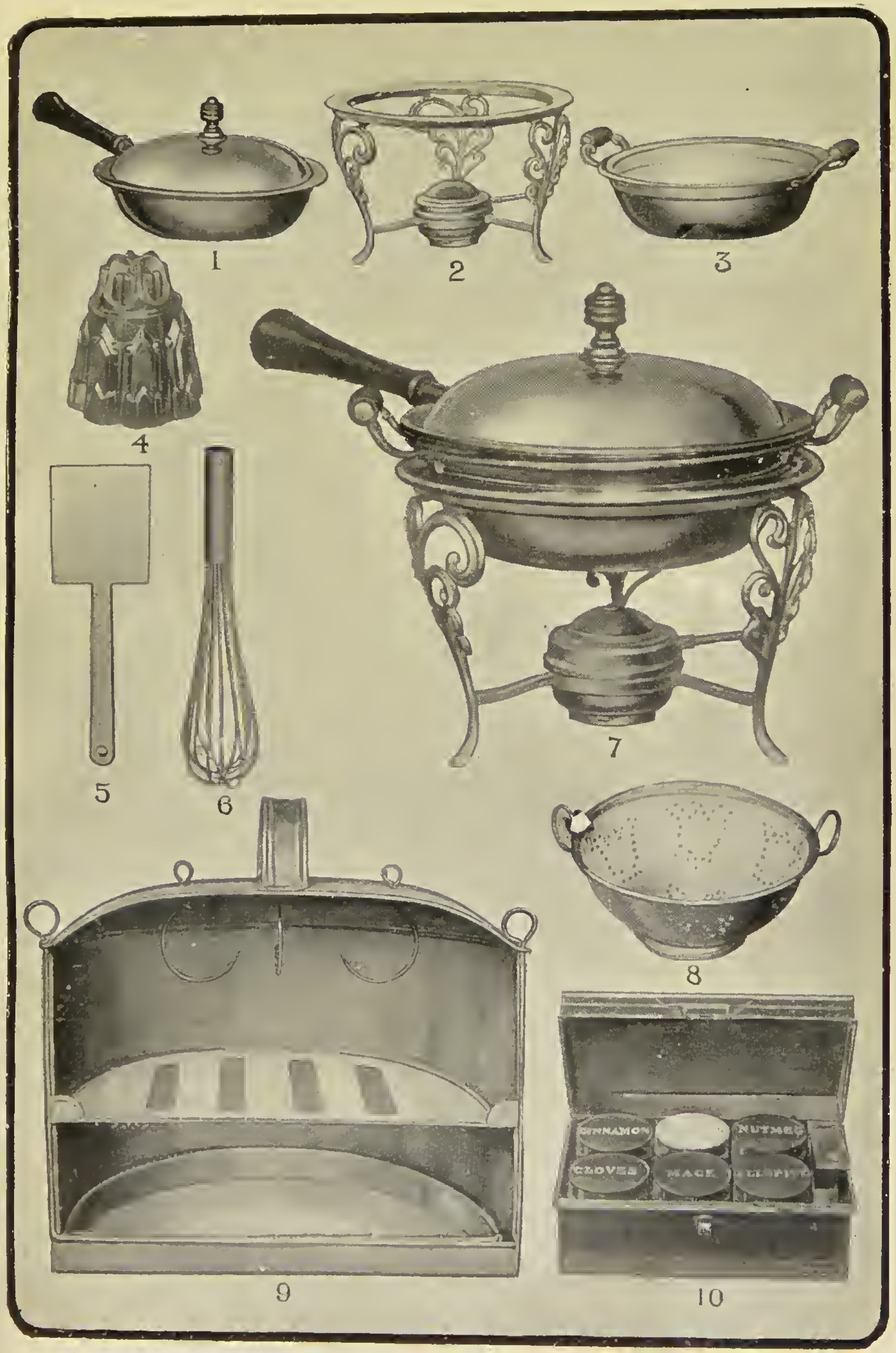
Neatness should be studied by all engaged in domestic work. Clear as you go; do not allow a host of basins, spoons, plates, etc., to accumulate on the dresser or tables while preparing the dinner. It is as easy to put a thing in its place when it is done with as to continually remove it to find room for fresh requisites. For instance, after making a pudding, the flour tub, paste-board and rolling pin should be put away, and any basins, spoons, etc., taken to the scullery, neatly packed up near the sink, to be washed when the proper time arrives.

Economy.—Never waste or throw away anything that can be turned to account. In warm weather any gravies or soups that have been left from the preceding day should be boiled up and poured into clean pans. Go early every morning to your larder (which, like the kitchen, ought to be kept perfectly clean and neat), and while changing plates, looking to your bread-pan (which should always be emptied and wiped out every morning), take notice if there is anything not likely to keep. It is better if there is a spare cupboard in the kitchen to keep any baked pastry there, and thus preserve its crispness.

Kitchen Supplies.—Do not let your stock of pepper, salt, spices, seasonings, herbs, etc., dwindle so low that there is danger of finding yourself minus some important ingredient, the lack of which may cause much confusion and annoyance. If you live in the country, have your vegetables gathered from the garden at an early hour, so that there is ample time to get rid of caterpillars, etc., an easy task if the greens are allowed to soak in salt and water an hour or two.

Punctuality is an indispensable quality in a cook. When there is a large dinner to prepare get all you can done the day before or

KITCHEN UTENSILS. No. 1.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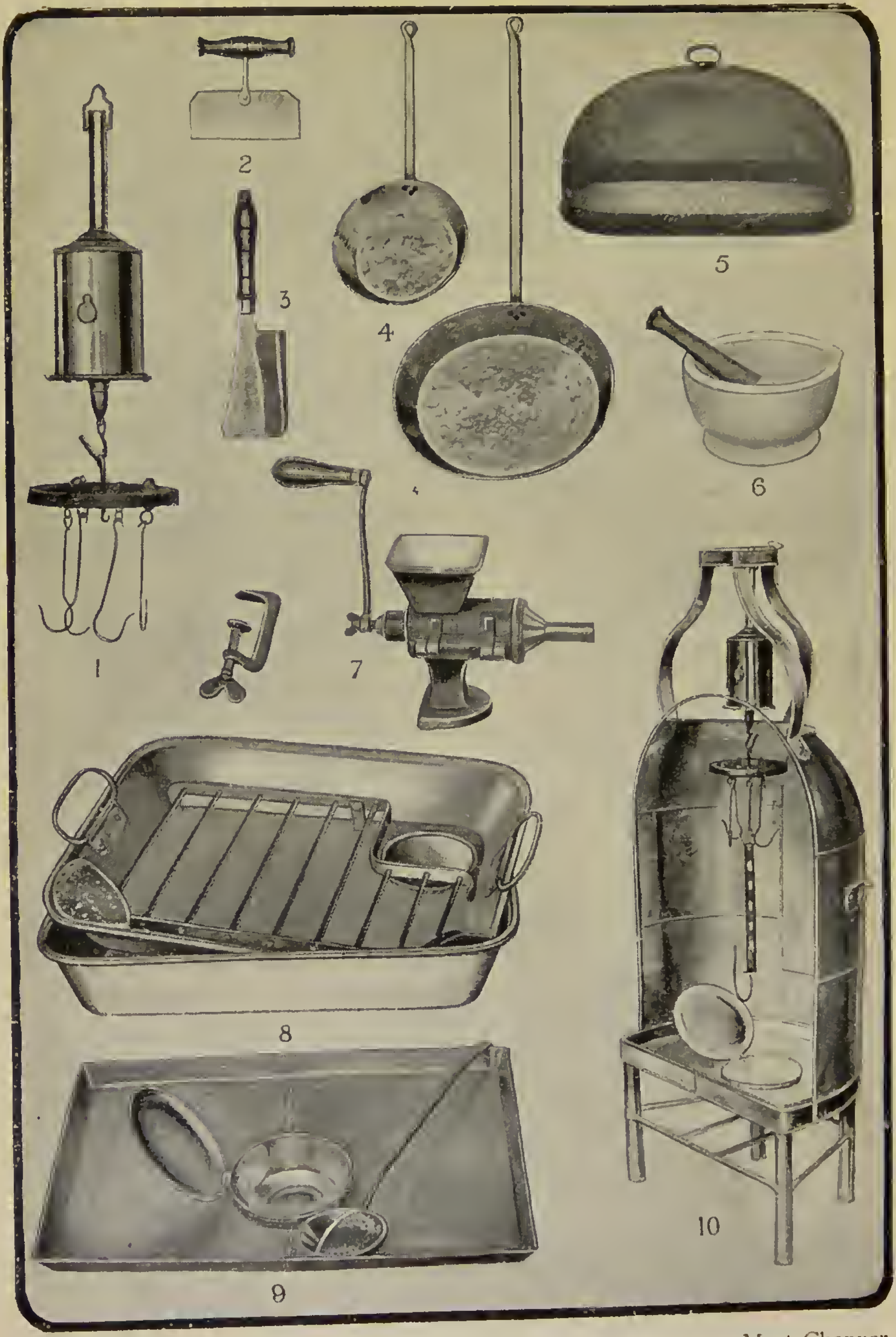
CINNAMON
NUTMEG
CLOVES
MACE

1. Chafing Dish Pan. 2. Chafing Dish Stand and Lamp. 3. Double Boiler of Chafing Dish. 4. Jelly Mould. 5. Meat Slice. 6. Whisk. 7. Chafing Dish complete. 8. Colander. 9. Dutch Oven. 10. Spice Box.

KITCHEN UTENSILS. No. 2.



1. Bottle Roasting Jack. 2. Mincing Knife, or Suet Chopper. 3. Meat Chopper. 4. Frying Pans. 5. Wire Meat Cover. 6. Pestle and Mortar. 7. Mincing or Sausage Machine, with Table Clamp. 8. Double Baking Pan, with Meat Stand. 9. Drip Pan, with Basting Ladle. 10. Bottle Jack Roasting Screen.

early on the morning of the day. This will enable you, with good management, to send up your dinner in good time and style.

Cleansing of Cooking Utensils.—This is a most important duty, and one that should never be neglected or put off from one day to another. When you have washed your saucepans, fish-kettle, etc., stand them before the fire for a few minutes to get thoroughly dry inside before putting away. They should then be put in a dry place in order to escape rust. Put some water into them directly they are done with if they have to stand some time before they are washed. Soups or gravies should never be allowed to stand all night in saucepans. Frying pans should be cleaned (if black inside) with a crust of bread, and washed with hot water and soda. It is a good plan to have a knife kept specially for peeling onions, but where this is not done the one used should be thoroughly cleaned. If the tin has worn off copper utensils, have it immediately replaced. Clean your coppers with turpentine and fine brick dust, or waste lemon skins and sand, rubbed on with flannel, and polish them with a leather and a little dry brick dust. Clean tins with soap and whiting, rubbing on with a soft rag or flannel, wiping them with a dry cloth, and lastly with a soft, dry cloth or leather.

Washing of Dishes, Etc.—Do not be afraid of hot water in washing up dishes and dirty cooking utensils ; as these are essentially greasy, luke-warm water cannot possibly have the effect of cleansing them thoroughly, and soda in the water is a great saving of time as is also a fresh supply of hot water. After washing the plates and dishes wash out your dish tubs with a little soap, soda and water, and scrub them often ; wash the dish-cloth also and wring it out, and after wiping out the tubs stand them to dry. Pudding cloths and jelly bags should have immediate attention after being used ; the former should be well washed, scalded, and hung up to dry. Let them be perfectly aired before being put away. No soda should be used in washing pudding cloths.

The Sink.—Do not throw anything but water down the sink, as the pipe is liable to get choked. At least three times a week pour a pailful of boiling soda water down every trap, for this prevents accumulation of fat, which stops up sink pipes more than anything else. Bad smells (often caused by a stoppage in the sink pipes) are most disagreeable and dangerous.

MARKETING.

PRICES AND SEASONS OF MEAT, POULTRY, FISH, ETC.

THAT these lists may be of real service, neither time nor care has been spared to render them as complete and reliable as possible. They show not only the prices and seasons of all provisions, but when they can be bought at their cheapest and best, points to be studied by all household managers, particularly those who have to provide for large families.

With regard to fish, meat, poultry, game, dairy produce, vegetables, and fruit, the prices have been obtained from the principal provincial towns as well as from different parts of London, so as to arrive at the average cost.

In the case of tinned provisions, groceries, etc., they are quoted from various sources, and at the present reduced scale of charges generally adopted by tradesmen and stores throughout the kingdom.

MEAT.

Except in the case of early lamb, which is always expensive, the price of meat varies but little with the season. Lamb and veal are in full season during spring and summer, and are generally preferred in hot weather to beef and mutton, which are not then considered so good.

Although it is difficult to equal, and impossible to surpass, the best British grown beef and mutton, we have, as a nation, immensely benefited by the enormous and ever-increasing imports of meat from America, Australia, and New Zealand. The large supplies of beef which reach us from the river La Plata and elsewhere have undoubtedly kept down prices, so that meat is no longer a luxury except among the poor. Much of the beef from South and North America reaches us alive, but it is not of this phase of the trade that we need speak. The great development arose when it was found that cattle and sheep could be slaughtered and dressed on the other side of the ocean, then packed close together in freezing chambers on board ship, and so imported here. Actual freezing, many contend, injures the quality of meat, and certainly if the meat is heated carelessly on arrival it quickly deteriorates. As a matter of fact, however, most meat is now " chilled " —that is, packed in chambers in which the air is made cold, but is not suffered to reach freezing point. Moreover, it is packed in loose-woven cloth wrappers, and on arrival in England is removed to cold storage chambers, and gradually exposed to higher temperature before it is put on the market. When carefully treated, mutton and lamb are none the worse for the long chilly voyage. Beef, however, is apt to lose somewhat of its natural firmness and elasticity ; it therefore requires to be carefully stored, and, when cooked, should be subjected for some minutes to very high temperature, which should be subsequently lowered, otherwise the albuminous constituents will soon drain out in the gravy, leaving the mass of meat stringy, tasteless, and not very nourishing. Imported killed meat cannot safely be kept long except in winter, unless hung in a refrigerator. The housewife who takes special pride in her roast beef, had better buy English joints, using the imported meat for stews and " made-dishes."

POULTRY AND GAME.

The cost of poultry varies considerably, being affected both by the season of the year and the district in which it is purchased. It is well to remember that poultry almost invariably rises in price at Christmas, and also tends to be expensive when no game is on the market. These considerations borne in mind, the table that is given will prove a reliable average of prices.

Game varies very much in price, being generally very expensive on the first day or two of the season, whilst, on the other hand, anyone watching the market may sometimes buy it more cheaply than ordinary poultry at any subsequent period of the season.

In this variable climate no hard and fast rule can be laid down for the keeping of game before it is cooked. In all cases it requires hanging ; but while in winter it is safe to buy birds that have been shot some time, in damp and warm weather no such risk should be run.

FISH.

In purchasing fish, it should be remembered that it is generally best when in full season, and the list will be found useful in ascertaining when it is best and cheapest. To give a satisfactory table of the prices of fish is a difficult and almost impossible task. Many circumstances conspire to make the variations in price greater than in the case of any other food commodity. The fact that fish is a most perishable article of food and is usually caught while travelling in shoals, results in alternate scarcity and over-supply of a particular kind of fish, whilst the question whether the purchaser resides near or far away from a seaside or big distributing town, affects the situation. All we have been able to do is to record fluctuations in prices over a period of years, from which the housewife must form her own judgment. In conclusion, we would say that in no branch of marketing is personal attention better repaid, both in quality and economy, than in the buying of fish. The lady who markets herself will select the fish that on the day of her visit is plentiful, consequently cheapest, and often best.

VEGETABLES.

Vegetables and fruits vary greatly in price according to the abundance or scarcity of the supplies. Our table gives the average prices which would have to be paid at the various seasons of an average year.

DAIRY PRODUCE, HAM, BACON, ETC.

Dairy produce varies somewhat in price in accordance with locality, but the differences are not so great of late years, the increased railway facilities having brought about a greater uniformity of price.

The cheaper parts of bacon vary from 5*d.* to 9*d.* per lb., but by reason of the quantity of bone contained in them they are not in reality more economical than the best.

DRIED FRUITS AND VEGETABLES.

We have long known such dried fruits as raisins and currants, prunes, dates and figs, and pippins. These useful pudding and dessert fruits are now more abundant than ever, and as a rule prices are moderate. Within recent years other fruits have been added to the list, and we now have dried apple rings, apricots, etc. These apple rings and apricots reach us chiefly from America and Australia, where they are dried in large quantities in specially constructed ovens. They are used for pies and tarts, or may be served stewed.

These dried vegetables are chiefly to be recommended for use on board ship, for travellers, or for the store cupboards of housewives. Unquestionably fresh vegetables are to be preferred, whenever obtainable.

PROVISIONS, Etc.

For groceries, tinned provisions, jams, etc., the prices quoted will be found a fair average of those charged by the principal provision dealers and grocers in London and the chief provincial towns. Tinned meat, soup, fish, vegetables, etc., occupy an important place in our food supply, being available at any time, and handy substitutes when fresh provisions are difficult to procure. In the Recipe Section full directions for their use are given.

Meat, fowl, and fish imported from abroad in tins are usually excellent. Some precaution should be taken. The food remains wholesome so long as the tins remain air-tight, but if air gets in, decomposition soon follows. It is therefore necessary to see that the tins are perfect and air-tight. Tins should not be bulged; the tops and bottoms should be concave, and have the appearance of depressions. They should be free from rust. Bulged and rusty tins should be rejected, and so ought those which emit a rush of air on being opened. As soon as a tin is opened the whole contents should be turned out. Fish should be eaten (or at all events cooked) the same day it is opened. This does not apply to sardines and other kinds preserved in oil, although even these had better be placed in glass or earthenware dishes. Tinned vegetables and fruits soon deteriorate when opened if left in the tins.

As a rule, foods preserved in earthenware and glass are better and safer, though rather more expensive, than those sold in tin cans.

Tinned and bottled fruits should be stored in a cool, dry cupboard.

Tinned sardines, bottled anchovies and anchovy paste ought always to be kept in store, as they are useful in preparing many dishes.

BEEF.

PART.	IN SEASON.	BEST.	AVERAGE PRICE.	
			ENGLISH.	AMERICAN.
Aitchbone	All the year	During Winter	6½*d.* per lb.	5½*d.* per lb.
Baron	,,	,,	9*d.* ,,	—
Brisket	,,	,,	5½*d.* ,,	4½*d.* ,,
Buttock	,,	,,	10*d.* ,,	10*d.* ,,
Clod	,,	,,	4*d.* ,,	—
Flank	,,	,,	5½*d.* ,,	4*d.* ,,
Hock	,,	,,	5*d.* ,,	—
Silver side	,,	,,	9*d.* ,,	8*d.* ,,
Neck	,,	,,	5*d.* ,,	3½*d.* ,,
Ribs	,,	,,	8½*d.* ,,	7½*d.* to 8½*d.* ,,
Rump (in steaks)	,,	,,	1*s.* 1*d.* ,,	11*d.* ,,
Shin	,,	,,	3½*d.* ,,	—
Round	,,	,,	8½*d.* ,,	7*d.* to 8½*d.* ,,
Sirloin	,,	,,	9*d.* ,,	8*d.* ,,
Cheek	,,	,,	1*s.* 3*d.* ea.	—
Heart	,,	,,	1*s.* 6*d.* ,,	—
Kidney	,,	,,	10*d.* per lb.	9*d.* per lb.
Tail	,,	,,	1*s.* 9*d.* ea.	—
Tongue	,,	,,	2*s.* 6*d.* ,,	2*s.* 6*d.* ea.

MUTTON.

PART.	IN SEASON.	BEST.	AVERAGE PRICE.	
			ENGLISH.	NEW ZEAL'D.
Breast	All the year	Sept. to April.	4*d.* per lb.	2½*d.* per lb.
Haunch	,,	,,	10*d.* ,,	—
Leg	,,	,,	9½*d.* ,,	6½*d.* ,,
Loin	,,	,,	9½*d.* ,,	5½*d.* ,,
Neck (best end)	,,	,,	9*d.* ,,	5½*d.* ,,
Neck (Scrag end)	,,	,,	6*d.* ,,	4*d.* ,,
Saddle	,,	,,	10*d.* ,,	6*d.* ,,
Shoulder	,,	,,	8*d.* ,,	6*d.* ,,
Head	,,	,,	6*d.* each.	—
Heart	,,	,,	3*d.* to 4*d.* ea.	—
Kidney	,,	,,	3½*d.* each.	1*d.* each.
Chops	,,	,,	1*s.* per lb.	8*d.* per lb.

PORK.

PART.	IN SEASON.	BEST.	AVERAGE PRICE.
Belly	Sept. to April	Nov. to March	8*d.* per lb.
Hand	,,	,,	7½*d.* ,,
Fore-loin	,,	,,	8*d.* ,,
Hind-loin	,,	,,	9*d.* ,,
Leg	,,	,,	8½*d.* ,,
Spare ribs	,,	,,	8*d.* ,,
Chops	,,	,,	8*d.*

VEAL.

PART.	IN SEASON.	BEST.	AVERAGE PRICE.
Breast	Feb. to Nov.	In Summer.	8*d.* per lb.
Cutlet	,,	,,	1*s.* 2*d.* ,,
Fillet	,,	,,	1*s.* ,,
Knuckle	,,	,,	6*d.* ,,
Loin	,,	,,	8½*d.* ,,
Shoulder	,,	,,	8½*d.* ,,
Head	,,	,,	5*s.* each.
Heart	,,	,,	9*d.* each.
Sweetbread ..	,,	,,	from 1*s.* each.

LAMB.

PART.	IN SEASON.	BEST.	AVERAGE PRICE.	
			ENGLISH.	NEW ZEAL'D.
Breast	Mar. to Sept.	May to July.	7*d.* per lb.	4*d.* per lb.
Fore-quarter ..	,,	,,	9*d.* ,,	7*d.* ,,
Hind-quarter ..	,,	,,	11*d.* ,,	8½*d.* ,,
Leg	,,	,,	1*s.* ,,	9½*d.* ,,
Loin	,,	,,	11*d.* ,,	7½*d.* ,,
Neck (best end)	,,	,,	10*d.* ,,	6*d.* ,,
Neck (Scrag end)	,,	,,	8*d.* ,,	5*d.* ,,
Shoulder ..	,,	,,	10*d.* ,,	8½*d.* ,,
Fry (about) ..	,,	,,	8*d.* to 1*s.* ,,	—

POULTRY.

POULTRY.	IN SEASON.	BEST & CHEAPEST.	AVERAGE PRICE.
Chickens ..	Feb. to October	July to October	2*s.* to 3*s.* 6*d.* each.
Ducklings ..	Feb. to August	May to July ..	2*s.* 6*d.* to 3*s.* 6*d.* ea.
Ducks	August to Feb.	Sept. and Oct...	3*s.* to 4*s.* each.
Fowls	All the year ..	June to October	2*s.* 6*d.* to 3*s.* 6*d.* ea.
Geese	Sept. to Feb. ..	Oct. and Nov...	6*s.* to 10*s.* each.
Guinea Fowl ..	Feb. to August	Summer ..	3*s.* to 4*s.* each.
Pigeons ..	August to April	Winter ..	9*d.* to 1*s.* each.
,, (Bordeaux)	All the year ..	Winter ..	1*s.* to 1*s.* 4*d.*
Rabbits ..	All the year ..	October to Feb.	6*d.* to 8*d.* per lb.
,, (Ostend)	All the year ..	October to Feb.	7*d.* and 8*d.* per lb.
Turkeys ..	Oct. to March ..	Nov. to January	10*s.* to £1 each.
Wheatears ..	Sept. to March	Sept. and Oct...	1*s.* each.

GAME.

GAME.	IN SEASON.	BEST & CHEAPEST.	AVERAGE PRICE.
Blackcock	Aug. to Nov.	Sept. and Oct.	2*s*. 6*d*. to 3*s*. 6*d*. b'e.
Ducks (wild)	Oct. to Sept.	Nov. and Dec.	2*s*. to 3*s*. brace.
Grouse	August to Nov.	September	3*s*. 6*d*. to 5*s*. brace.
Hares	Sept. to March	October	3*s*. 6*d*. to 5*s*. each.
Partridges	Sept. to Feb.	Oct. and Nov.	3*s*. to 5*s*. brace.
Pheasants	Oct. to Feb.	Winter	6*s*. to 10*s*. brace.
Plovers	Oct. to Feb.	Winter	1*s*. to 1*s*. 6*d*. each.
Ptarmigan	Sept. to April	September	1*s*. to 1*s*. 6*d*. each.
Quail	Sept. to Feb.	Sept. and Oct.	1*s*. to 1*s*. 6*d*. each.
Snipes	Oct. to Feb.	Oct. and Nov.	2*s*. 6*d*. to 3*s*. brace.
Teal	Oct. to Feb.	Winter	1*s*. to 1*s*. 6*d*. each.
Venison	Sept. to Jan.	Sept. and Oct.	1*s*. to 2*s*. per lb.
Widgeon	Oct. to Feb.	Oct. and Nov.	1*s*. to 1*s*. 6*d*. each.
Woodcock	Oct. to Feb.	Oct. and Nov.	3*s*. 6*d*. to 5*s*. brace.

FISH.

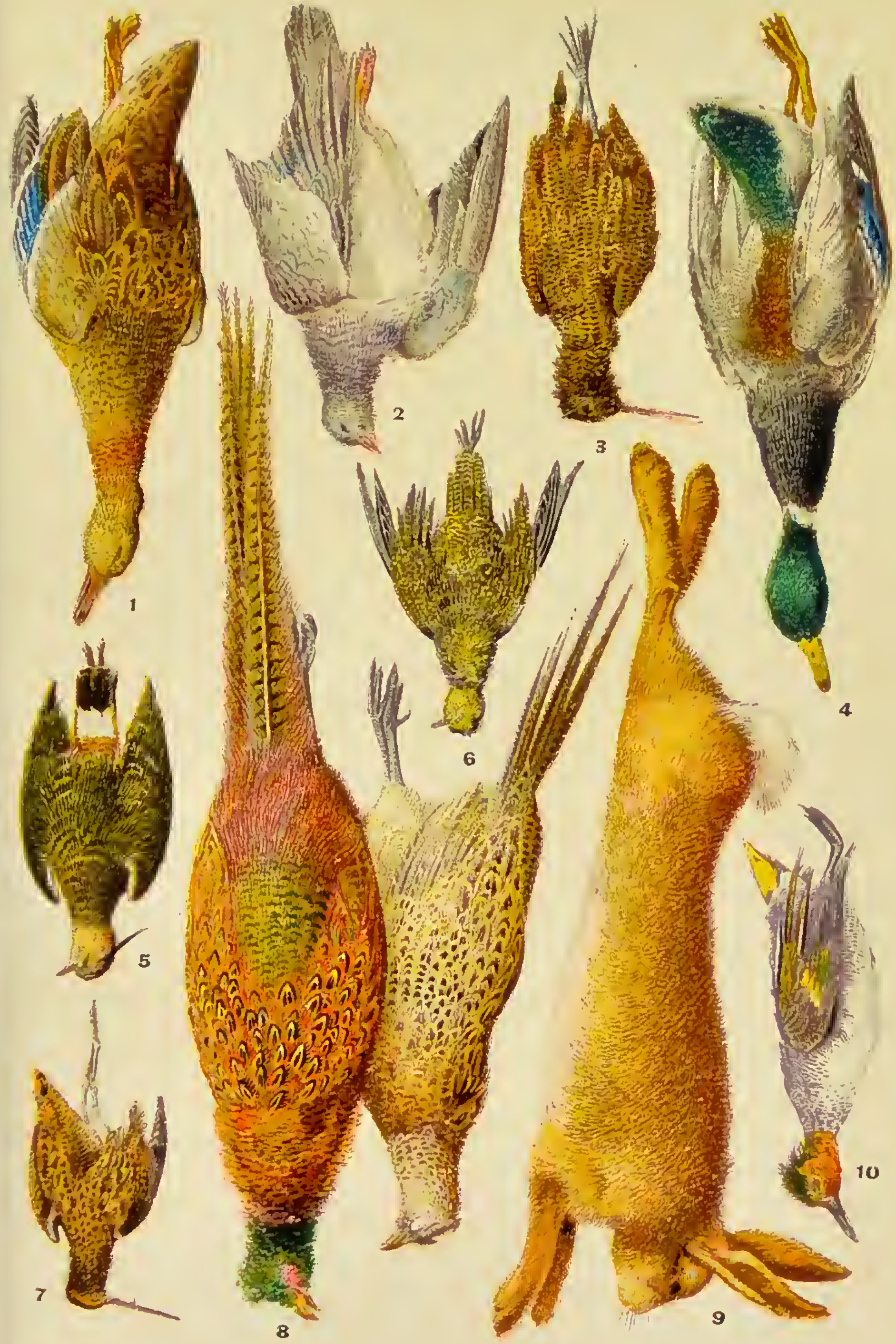
NAME OF FISH.	IN SEASON.	BEST & CHEAPEST.	AVERAGE PRICE.
Bloaters	Sept. to April	Sept. to Feb.	9*d*. to 1*s*. 6*d*. doz.
Brill	All the year	Aug. to April	6*d*. to 1*s*. per lb.
Cod	Nov. to March	Feb. to March	3*d*. to 8*d*. per lb.
Crabs	April to October	Summer	3*d*. to 3*s*. each.
Eels	June to March	Sept. to Nov.	6*d*. to 1*s*. per lb.
Haddocks	August to Feb.	Winter	3*d*. to 1*s*. 3*d*. each.
Halibut	All the year	Nov. to June	4*d*. to 10*d*. per lb.
Herrings	May to January	June to Sept.	6*d*. to 1*s*. 6*d*. doz.
Lobsters	All the year	Summer	6*d*. to 3*s*. each.
Mackerel	Nearly all the year	April to July	3*d*. to 8*d*. each.
Mullet (red & grey)	All the year	April to October	6*d*. to 1*s*. 2*d*. per lb.
Oysters	Sept. to April	Winter	6*d*. to 3*s*. per doz.
Plaice	All the year	May to Nov.	4*d*. to 8*d*. per lb.
Prawns	May to Dec.	May to Nov.	1*s*. to 2*s*. per pint.
Salmon	Feb. to Sept.	Spring & Summer	10*d*. to 3*s*. per lb.
Shrimps	All the year	April to Nov.	3*d*. to 6*d*. per pint.
Smelts	October to May	Winter	1*s*. to 2*s*. 6*d*. per box
Soles	All the year	April to July	1*s*. to 2*s*. per lb.
Sprats	Nov. to March	Nov. and Dec.	1*d*. to 3*d*. per lb.
Trout	Feb. to Sept.	April to July	8*d*. to 2*s*. per lb.
Turbot	All the year	Spring & Summer	6*d*. to 1*s*. 2*d*. per lb.
Whitebait	Jan. to Sept.	Feb. to May	1*s*. to 2*s*. per qt.
Whiting	All the year	Spring & Summer	2*d*. to 6*d*. each.

VEGETABLES.

Name.	In Season.	Best & Cheapest.	Average Price.
Artichokes ..	Jan. to April ..	February ..	3*d.* to 6*d.* each.
,, Jerusalem	Oct. to March..	December ..	1*d.* to 2*d.* per lb.
Asparagus ..	Feb. to July ..	April and May..	2*s.* 6*d.* to 5*s.* per 100
Beans (French)	May to November	Summer ..	3*d.* to 1*s.* per lb.
,, (Broad) ..	July and Aug...	August ..	6*d.* to 9*d.* per peck.
,, (Runners)	July to Oct. ..	Aug. and Sept.	2*d.* to 4*d.* per lb.
Beetroot ..	All the year ..	Autumn ..	1*d.* to 3*d.* each.
Broccoli ..	,, ..	Autumn ..	2*d.* to 6*d.* each.
,, Sprouts	Nov. to May ..	April	1*d.* to 4*d.* per lb.
Brussels ,, ..	Sept. to March	Oct. and Nov...	2*d.* to 4*d.* per lb.
Cabbages ..	All the year ..	Spring and Smr.	1*d.* to 2*d.* each.
Carrots	,, ..	Early Smr & Atm	4*d.* to 6*d.* bunch.
Cauliflowers ..	,, ..	Summer ..	2*d.* to 6*d.* each.
Celery	Sept. to March	December ..	1*d.* to 4*d.* per hd.
Horseradish ..	All the year ..	Winter ..	1*d.* to 2*d* per stick.
Lettuce	,, ..	Summer ..	1*d.* to 4*d.* each.
Onions	,, ..	Summer and Atm	1*d.* to 2*d.* per lb.
Parsnips ..	Oct. to April ..	Feb. and March	1*d.* to 2*d.* per lb.
Peas	June to Sept. ..	July and Aug...	4*d.* to 2*s.* per peck.
Potatoes ..	All the year ..	Autumn ..	½*d.* to 1*d.* per lb.
,, New ..	March to Aug...	June and July..	1*d.* to 8*d.* per lb.
Seakale	Nov. to May ..	Feb. and March	1*d.* to 2*s.* 6*d.* bskt.
Savoys	Nov. to March..	Dec. and Jan. ..	1*d.* to 4*d.* each.
Spinach	All the year ..	Summer ..	2*d.* to 4*d.* per lb.
Tomatoes ..	,, ..	Sept. and Oct...	2*d.* to 8*d.* per lb.
Veg't'ble Marrows	July to Oct. ..	September ..	1*d.* to 6*d.* each.

DAIRY PRODUCE, HAM, BACON, ETC.

Article.	Average Price.
Butter—	
Fresh	1*s.* to 1*s.* 4*d.* per lb.
English, Normandy, or Brittany	1*s.* per lb.
Salt	10*d.* to 1*s.* 2*d.* per lb.
Margarine ..	6*d.* to 8*d.* per lb.
Cheese—	
American ..	6*d.* to 8*d.* per lb.
Cheddar ..	10*d.* per lb.
Cheshire ..	9½*d.* to 1*s.* per lb.
Cream	3*d.* to 1*s.* each.
Dutch	7*d.* to 9*d.* per lb.
Gorgonzola ..	from 9*d.* per lb.
Gruyère .	from 10*d.* per lb.
Stilton ..	1*s.* to 1*s.* 6*d.* per lb.
Eggs—	
Hens'	8*d.* to 2*s.* per doz.
Eggs (*contd.*)—	
Ducks' ..	1*s.* to 2*s.* per doz.
Geese	3*s.* to 4*s.* ,,
Guinea Fowls'	1*s.* to 2*s.* ,,
Plovers' ..	3*s.* to 5*s.* ,,
Turkeys' ..	3*s.* to 4*s.* ,,
Milk	4*d.* per qt.
,, Separated..	2*d.* ,,
Cream	1*s.* to 3*s.* per pint.
Bacon (best part)	10*d.* to 1*s.* per lb.
Ham—	
English ..	8*d.* to 1*s.* ,,
American ..	7½*d.* to 9½*d.* ,,
Canadian ..	7*d.* to 9*d.* ,,
Lard	7*d.* to 10*d.* ,,
Pickled Pork ..	8*d.* ,,
Sausages ..	8*d.* to 1*s.* ,,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ME—1 Hen Wild Duck. 2 Wood Pigeon. 3 Woodcock. 4 Cock Wild Duck. 5 Black Plover.
6 Golden Plover. 7 Snipe. 8 Pheasants. 9 Hare. 10 Teal.

FRUIT.

NAME.	IN SEASON.	BEST & CHEAPEST.	AVERAGE PRICE.
Apples	All the year	Oct. to Dec.	2*d.* to 6*d.* per lb.
Apricots	June to Sept.	August	1*s.* 6*d.* to 3*s.* 6*d.* do.
Bullaces	Autumn	October	2*d.* to 3*d.* per lb.
Cherries	June to Aug.	July	4*d.* to 8*d.* per lb.
Currants	July to Sept.	August	3*d.* to 8*d.* per lb.
Damsons	Sept. and Oct.	October	1*d.* to 4*d.* per lb.
Figs	,,	,,	2*s.* to 3*s.* per doz.
Gooseberries	July to Sept.	August	4*d.* to 8*d.* per qt.
,, (Green)	May to July	June	2*d.* to 6*d.* per qt.
Grapes (Foreign)	All the year	Autumn	4*d.* to 1*s.* per lb.
,, (Hothouse)	Sept. to Nov.	October	1*s.* and upwards.
Greengages	Aug. and Sept.	August	3*d.* to 8*d.* per lb.
Medlars	Oct. to Jan.	Oct. and Nov.	4*d.* to 8*d.* per lb.
Melons	June to Nov.	October	9*d.* to 5*s.* each.
Nectarines	Sept. and Oct.	,,	2*s.* to 6*s.* per doz.
Oranges	All the year	Winter	From 4*d.* per doz.
Peaches	Sept. and Oct.	October	4*s.* to 8*s.* per doz.
Pears	Oct. to March	Oct. and Nov.	1*d.* to 6*d.* each.
Plums	Aug. to Oct.	Sept. and Oct.	2*d.* to 6*d.* per lb.
Quinces	Sept. and Oct.	October	2*s.* to 3*s.* per doz.
Rhubarb	Jan. to May	March and April	4*d.* to 8*d.* bundle.
Strawberries	June to Sept.	July	4*d.* to 1*s.* per lb.

GROCERY.

ARTICLE.	AVERAGE PRICE.	ARTICLE.	AVERAGE PRICE.
Almonds—		Cocoa	2*s.* 6*d.* per lb.
Jordan	1*s.* to 2*s.* 6*d.* per lb.	Essence	from 1*s.* 6*d.* per lb.
Valencia	1*s.* to 2*s.* 6*d.* ,,	Nibs	1*s.* 3*d.* per lb.
Baking Powder	4½*d.* per tin.	Cocoatina	1*s.*7½*d.*per ½ lb. tin
Beef Essence—		Coffee—	
(Brand's)	1*s.* 3*d.* per tin.	Whole,or ground	from 1*s.*to 2*s.*per lb
(Mason's)	9½*d.* per bottle.	East-India	1*s.* 6*d.* per lb.
(Liebig's)	2*s.* 3*d.* per ¼ lb.	Mocha	1*s.* 9*d.* ,,
Beef Tea in skins	5*s.* to 6*s.* per lb.	Coffee and Milk	10½*d.* per tin.
Blancmange Pwdr	6*d.* per box.	Currants	2½*d.* to 5*d.* per lb.
Capers	5*d.* per ¼ lb. bottle.	Custard Powder	4½*d.* per tin.
Candied Peel—		Curry Powder	1*s.* 6*d.* per lb. bot.
Lemon	4½*d.* per lb.	Paste	1*s.* 2*d.* per ½ pt. jar
Orange	5*d.* ,,	Egg Powder	6*d.* per packet.
Citron	7*d.* ,,	Fruit—Dried	1*s.* 2*d.* per lb.
Mixed	6*d.* ,,	Apricots	1*s.* 3*d.* ,,
Chicory	4*d.* ,,	Lunettes	1*s.* 4*d.* ,,
Chocolate	10*d.* ,,	Melon	1*s.* 6*d.* ,,
Best do.	11*d.* per tin.	Mixed	1*s.* 4*d.* ,,
Milk Paste	11*d.* ,,	Greengages	1*s.* 4*d.* ,,

GROCERY—*continued.*

ARTICLE.	AVERAGE PRICE.	ARTICLE.	AVERAGE PRICE
Fruit (*contd.*)—		Prunes	4*d.* per lb.
Chinois	1*s.* 4*d.* per lb.	Pudding Powder	6*d.* per pkt.
Crystallized—		Raisins—	
Cherries	1*s.* 3*d.* ,,	Valencia	5*d.* per lb.
Pears	1*s.* 4*d.* ,,	Sultanas	6*d.* ,,
Angelica	1*s.* 1*d.* ,,	Muscatels	8*d.* to 1*s.* 4*d.* lb.
Figs	1*s.* 4*d.* ,,	Spices, various	4½*d.* per tin.
Flour–Bst Whites	from 11*d.* 7 lb. bg.	Sugar—Demerara	2½*d.* per lb.
Self-raising	1*s.* 10*d.* 12 lb. bag	Loaf	2½*d.* ,,
Whole Meal	11*d.* 7 lb. bag.	Tea—	
Gelatine	3½*d.* per pkt.	Congou	1*s.* 2*d.* per lb.
Ginger—	8*d.* per lb.	Ceylon	1*s.* 6*d.* to 3*s.* per lb.
Ground	8*d.* ,,	Orange Pekoe	2*s.* 8*d.* per lb.
Crystallized	1*s.* 1*d.* per lb.	Gunpowder	3*s.* per lb.
Preserved	5*d.* per lb. in jar.	Assam Pekoe	2*s.* 6*d.* per lb.
Golden Syrup	1*s.* per 4 lb. tin.	Oolong	2*s.* 6*d.* ,,
Herbs	5*d.* per bottle.	Young Hyson	2*s.* 6*d.* ,,
Isinglass	5*d.* per pkt.	Consolidated	2*s.* 8*d.* ,,
Mustard	1*s.* 4*d.* 1 lb. tin.	Yeast Powder	4*d.* per tin.

TINNED PROVISIONS, JAMS, &c.

Cherries in Brandy	1*s.* 7*d.* per half bot.	Jams (*cont.*)—	
Cake, various	10½*d.* each.	Red Currant	5*d.* per lb. jar.
Fruit in Tins—		Gooseberry	4½*d.* ,, ,,
Peaches	10*d.* per tin.	Plum	4*d.* ,, ,,
Pineapple	5½*d.* to 11½*d.* per tin.	Jellies—	
Pears	9*d.* to 1*s.* 6*d.* ,,	Red Currant	4*d.* per ¼ lb. pot.
Apricots	8*d.* to 1*s.* 4*d.* ,,	Black Currant	4*d.* ,, ,,
Bottled Plums	6½*d.* per bottle.	Calf's Foot	1*s.* 6*d.* per qt. bot.
Cranberries	8½*d.* ,,	Orange	1*s.* 6*d.* ,, ,,
Gooseberries	6½*d.* ,,	Lemon	1*s.* 6*d.* ,, ,,
Black Currants	11*d.* ,,	Madeira	2*s.* ,, ,,
Red Currants	8½*d.* ,,	Aspic	1*s.* 6*d.* ,, ,,
Cherries	10*d.* ,,	Lobster	8*d.* per tin.
Greengages	9*d.* ,,	Marmalade	4*d.* per lb. jar.
Raspberries and Currants	1*s.* ,,	Meats, Game, and Poultry—	
Haddocks, Blanchflower	10*d.* per tin.	Ham & Chicken	1*s.* 4*d.* small tin
Herrings	8*d.* ,,	Ham, Chicken, and Tongue	1*s.* 4*d.* ,,
Honey	11*d.* per jar.	Veal, Ham, and Tongue	2*s.* large tin.
Jams—		Chicken and Tongue	2*s.* 1½*d.* ,,
Apricot	5*d.* per lb. jar.	Chicken, Ham, and Tongue	2*s.* 1½*d.* ,,
Raspberry	6*d.* ,, ,,	Turkey & Tongue	2*s.* 1½*d.* ,,
Strawberry	5*d.* ,, ,,	Veal and Ham	2*s.* 1½*d.* ,,
Raspberry and Currant	5½*d.* ,, ,,	Pork and Rabbit	1*s.* 8*d.* per tin.
Greengage	5*d.* ,, ,,		
Black Currant	6*d.* ,, ,,		

TINNED PROVISIONS, JAMS, &c.—*continued*.

ARTICLE.	AVERAGE PRICE.
Beef, Boiled or Roast	1s. 2*d*. per tin.
Chicken, Roast, whole, in jelly	3s. 3*d*. ,,
Chicken (Poulet de Bresse)	2s. 6*d*. ,,
Half Roast Fowl and Sausage	2s. ,,
Chicken and Tongue (half circle tin)	1s. 10½*d*. ,,
Chicken, Spring (one bird in tin)	1s. 6*d*. ,,
Chicken, Roast	1s. 3*d*. per 1½ lb. tin.
Chicken, Boneless	11½*d*. per ¾ lb. tin.
Duck, Boneless	11½*d*. ,,
Calf's Head and Tomato	1s. 2½*d*. per tin.
Camp Pie	1s. 4*d*. ,,
Game Pie	1s. 4*d*. ,,
Jugged Hare	1s. 3*d*. ,,
Lambs' Sweetbreads with Tomato Sauce	1s. 4½*d*. ,,
Larks, Roast, 6 birds	2s. 9*d*. ,,
Lunch Ham	1s. 1*d*. 1¾ lb. tin.
Minced Collops	9½*d*. per 2 lb. tin.
Minced Steak	9½*d*. ,, ,,
Mutton Cutlets with Tomato Sauce	1s. 9*d*. per tin.
Mutton, Roast	10*d*. ,,
Mutton, Boiled	1s. 2*d*. ,,
Ox Tongues	2s. 9*d*. ,,
Ox Tails (solid)	9½*d*. per 2 lb. tin.
Pheasant, Roast, whole, in Jelly	4s. 6*d*. per tin.
Ptarmigan	1s. 9*d*. ,,
Picnic Pie	1s. 4*d*. ,,
Rabbit	9*d*. ,,
Rabbit, Curried	10½*d*. per 2 lb. tin.
Stewed Kidney and Mushroom	1s. 9*d*. per tin.
Turkey and Tongue	11½*d*. ,,
Turkey—Roast	1s. 3*d*. ,,

ARTICLE.	AVERAGE PRICE.
Turkey, Boneless	11½*d*. per ¾ lb. tin.
Tête de Veau (en Tortue)	1s. 5*d*. per tin.
Veal and Ham	1s. 10½*d*. ,,
Veal Cutlets with Tomato Sauce	1s. 9*d*. ,,
Veal Loaf	9½*d*. ,,
Milk—	
Anglo-Swiss	5½*d*. ,,
English	5*d*. ,,
Olives—	
French	6*d*. per bottle.
Spanish	8*d*. ,,
Oysters	6½*d*. per tin.
Plum Pudding	1s. 10*d*. per lb. tin.
Potted Meats—	
Anchovy	5*d*. per tin.
Bloater	5*d*. ,,
Ham—Tongue	5*d*. ,,
Strasbourg Meats—	
Beef	5*d*. ,,
Pâté de foie gras	2s. 6*d*. per jar.
Game	5*d*. per tin.
Rabbit	1s. 8*d*. ,,
Salmon	8*d*. ,,
Sardines (Péneau)	1s. 2*d*. ,,
Soups—	
Turtle	1s. 5*d*. per qt. tin.
Ox Tail, Mock Turtle, Julienne, &c.	From 1s. ,, ,,
Game—Hare	1s. 6*d*. ,, ,,
Giblet, Mulligatawny	1s. 4*d*. ,, ,,
Gravy, Vegetable	1s. per qt. tin.
Green Pea	7*d*. ,, ,,
Mutton Broth	1s. ,, ,,
Truffles	1s. 8*d*. ¼ bottle.
Vegetables—	
Artichokes	1s. 4½*d*. per bot.
Asparagus	1s. per tin.
Celery	9*d*. ,,
French Beans	1s. ,,
Green Peas	10*d*. per qt. tin.
Haricots, Verts	1s. ,, ,,
Macedoine	10½*d*. ,, ,,
Mushrooms	1s. ,, ,,
Tomatoes	4*d*. to 6*d*. per tin.

SAUCES AND PICKLES.

Article.	Average Price.	Article.	Average Price.
Sauces—		Sauces (*contd.*)—	
Anchovy ..	10*d.* per bottle.	Horseradish ..	4½*d.* per pot.
Browning for Sce	5½*d.* ,,	Mason's O.K...	7½*d.* per bottle.
Brand's A1 ..	8*d.* ,,	Foundation Sces–	
Tomato ..	10½*d.* ,,	Italienne, dark	1*s.* 9*d.* 4 oz. bot.
Clarence ..	6*d.* ,,	Espagnole, brown	1*s.* 9*d.* ,,
Harvey's ..	7*d.* ,,	Allemande, pale	1*s.* 9*d.* ,,
Ketchup ..	8*d.* ,,	Pickles—	
Reading (Cock's)	10*d.* ,,	Cabbage ..	8½*d.* per pint bot.
Soy	6½*d.* ,,	Cauliflower ..	8½*d.* ,, ,,
Regent ..	1*s.* ,,	Onions, Mixed	8½*d.* ,, ,,
Worcester ..	4½*d.* ,,	Walnuts ..	8½*d.* ,, ,,
Yorkshire Relish	4½*d.* and 9*d.* per bot.	Piccalilli ..	8½*d.* ,, ,,
Edward's ..	8*d.* per bottle.	Gherkins ..	8½*d.* ,, ,,
Mushroom Ketchup	5*d.* ,,	Mangoes ..	8½*d.* ,, ,,
		Chutnee ..	1*s.* per bottle.
Bengal Chutney	1*s.* ,,	Mango ..	1*s.* ,,
Curry	6½*d.* per tin.	Indian Relish	1*s.* 6*d.* per jar.

GRAIN AND PREPARED FOODS.

Article.	Average Price.	Article.	Average Price.
Arrowroot ..	From 5*d.* to 10*d.* per lb.	Rice (*contd.*)—	
		Patna	2½*d.* per lb.
Barley	2*d.* per lb.	Java	2½*d.* ,,
Corn Flour ..	5*d.* per lb. packet.	Carolina ..	3*d.* ,,
Groats	4*d.* ,, ,,	Ground ..	2*d.* ,,
Hominy ..	2*d.* per lb.	Sago, Small ..	2*d.* ,,
Lentil Flour ..	3*d.* ,,	Large	2½*d.* ,,
Oatmeal ..	From 2½*d.* per lb.	Semolina ..	2½*d.* ,,
Pea Flour ..	6*d.* per tin.	Tapioca ..	2*d.* ,,
Rice—		Best	4*d.* ,,
Rangoon ..	2*d.* per lb.	Vermicelli ..	3½*d.* ,,

FOOD AND COOKERY.

SOUPS.

THE valuable dietetic properties of soup have been, and indeed still are, much overlooked in this country. Yet no form of food is more digestible and wholesome, nor does any other method of preparing food afford so many opportunities for utilizing material that would otherwise be wasted.

The richness or quality of a soup depends more upon a proper choice of ingredients, and a proper management of the fire in the combination of those ingredients, than upon the quantity of solid nutritious matter employed ; much more upon the art and skill of the cook than upon the sum laid out in the market.

The average cook imagines that the goodness of a soup depends upon the weight of meat she puts into it, and upon the size of the fire over which it is boiled

The Basis of all Meat Soups.—Stock forms the basis of all meat soups and of the principal sauces ; but except the rich clear stock used for consommé (or clear soup), it is not necessarily made from fresh meat. In making brown stock from the shin of beef, white stock from the knuckle of veal, or ordinary stock from the bones and the trimmings of meat, poultry, etc., the methods employed for completely extracting from the materials all their nutriment and flavour are the same ; the result depends upon the quality and kind of material employed, and the length of time the simmering is continued. Five or six hours will extract from the materials all that is necessary and desirable for stock intended for clear soup ; but many more hours of gentle simmering will be necessary to draw from the bones all the goodness they contain.

There are more than five hundred different kinds of soup, but they can be broadly divided into a few distinct classes, namely, broths, clear soups, thick soups, and purées ; each group may be divided and sub-divided, but it will be more convenient to consider them under this simple classification.

Broths.—The unclarified liquor in which chicken, veal, beef, mutton, rabbit, or sheep's head is cooked are included in this class. They are frequently garnished with pearl barley or rice, but they are not thickened.

Clear Soups.—The basis of good clear soups is double stock, that is, a good beef stock which has been strengthened with veal to give it gelatinous substance, and with fowl to improve the flavour. The clear soups include all those which are transparent in appearance, varying in colour from amber to nut-brown. Additions may be made to them as a garniture or decoration, from which they take their distinctive name. Some of the garnitures and flavourings in common use are: vegetables; "shaped," i.e., cut into various shapes or devices; dice, or small cubes of cooked game, chicken, meat, and fish; quenelles of meat, fish, and chicken; finely shredded vegetables; various farinaceous preparations, as Italian paste, semolina, rice, sago, and batters.

Thick Soups.—The basis of soups of this class may be stock of any kind, white, brown, fish, or vegetable, according to the soup required, or a mixture of white stock and milk for such soups as Potage à la Royal and Potage à la Bonne Femme; or all milk, or milk and water for such plain thick soups as cabbage and vegetable soups. Soups of this class are frequently garnished as well as being thickened; the well-known ox-tail and mock-turtle soups may be given as examples. Thick soups owe their thickening to the addition of arrowroot, cornflour, rice-flour, flour, or some other farinaceous substance; rich soups, such as "Bonne Femme," are thickened by a liaison or combination of yolks of eggs and cream, while a good brown soup like "Ox Tail" would be thickened with butter and flour, previously either cooked or well kneaded together. In making hare soup the blood of the animal is frequently used; it should be strained into the soup a few minutes before serving. Thick soups should have the same consistency as good single cream, i.e., cream obtained from milk that has stood 12 hours.

Purées.—This class of soups differs from other thick soups in being thickened by the ingredients of which they are made, such as Bisque of Lobster, purées of peas, beans, and lentils; in all cases the substances comprising the soup are rubbed through a sieve and served in the soup. Croûtons of bread are usually used with purées.

Flavourings for Soups.—The following list of flavourings simply enumerates those most commonly used and conveniently obtained; turnips, carrots, onions, celery, parsley, thyme, bay-leaf (parsley, thyme, and bay-leaf are usually tied together and spoken of as a "bouquet-garni"), tarragon, chervil, tomatoes, celery seeds, cloves, wine, vinegars of various kinds, and lemon juice.

The vegetables named in the recipes are supposed to be of moderate size, but two smaller ones, or half a larger one may be used instead. To avoid repetition, they are spoken of as "prepared," meaning that the onions have been peeled, the carrots scraped, and the turnips pared. As the fibre on the outside of the turnip is very tough and thick it is advisable, and not extravagant, to take off a thick paring. On the other hand, potatoes should be pared as thinly as possible, because the outer part contains the most valuable and nutritious part of the potato. A bouquet-garni is a small bunch of mixed herbs, such as parsley, thyme, bay-leaf, basil, and marjoram. Sparingly used, these herbs improve the flavour of many soups, but they are not essential, and one or more of them may be omitted if they cannot be easily procured.

Seasoning for Soups.—In addition to salt and pepper, which form the ordinary seasonings for soups, and which must be added with caution, nutmeg, allspice, mace, sugar, and cinnamon are used, but in all cases judgment and discretion must be exercised, as an overdose of any one of the above ingredients may spoil the best soup.

The exact quantity of liquid needed in making soup cannot, speaking generally, be given, so much depends on the rate of cooking, and whether the lid of the saucepan is kept on to prevent waste by evaporation. If the liquid becomes greatly reduced by rapid boiling but has been closely covered, the contents of the saucepan have merely become concentrated in strength and flavour, and water may be added to make up the original quantity. Should the liquid, by being allowed to boil in an uncovered saucepan, have wasted its strength and flavour, sufficient stock, milk, or whatever formed the basis of the soup, must be added to make up the original strength and quantity. The inexperienced cook should take this lesson to heart—cooking cannot be hastened. If the preparations for dinner have been somewhat delayed, nothing is gained by placing the saucepan containing the soup, stew, or meat on the top of a fierce fire. When once the SLOW-BOILING or simmering point has been reached all excess of heat is wasted, and the benefit of slow progressive cooking is lost.

STOCK.

The following information and directions will be found useful in the making of stock.

1. **Beef makes the best brown stock,** but it lacks gelatinous substance ; therefore stock for good consommé, or clear soup, should be made of beef and veal, and a fowl, or part of a fowl, added to give it an additional flavour.

2. **White stock** is usually made from veal, bones and remains of poultry and calves' feet. The liquor in which calves' heads or fowls have been boiled makes excellent white stock.

3. **Stock meat** should be as lean and as fresh as possible. Never wash meat unless obliged, as it deprives its surface of all the juices. It should be cut into small pieces, in order to multiply the surfaces to be exposed to the softening and dissolving influences of the water.

4. **The usual allowance of water** is 1 quart to each lb. of meat. This may, however, be too large a quantity if the stock is very gently simmered and kept covered the whole time ; on the other hand, if cooked too quickly, or if by careless exposure the evaporation is excessive, the amount specified may not be sufficient.

5. **The meat should be allowed to stand** in the water for a little time in order to dissolve the soluble constituents ; heat should be applied gradually until the stock reaches the boiling point ; when the scum thrown up by boiling has been removed, the stock should be reduced to, and kept at, simmering point.

6. **The vegetables must be whole** or in large pieces, and be added after the stock has boiled and the scum has been removed. They should be used very sparingly, so as not to overpower the flavour of the meat. To 4 quarts of water, 1 carrot, 1 onion, ½ a turnip, and 1 short strip of celery should be allowed, also a teaspoonful of salt and

12 peppercorns ; ground pepper should never be used, as it makes stock and clear soup cloudy.

7. **The stock should simmer** very gently for 5 or 6 hours, with the stock-pot covered to prevent waste by evaporation. When ready, it should be strained through a hair sieve into a large basin, and the meat and sediment put back into the stock-pot.

8. **When cold,** the fat should be removed from the surface.

Management of a Household Stock-pot.—For most cooking operations stock is in constant demand to form the basis of a soup, a sauce, or gravy. Recipes for making excellent stocks (including white stock or blond de Veau), and a good brown stock, are given in the following pages.

The stock-pot should supply stock for sauces, stews, and gravies, and we will now indicate how a careful cook can always have stock on hand with little or no extra expense.

The first consideration is the stock-pot. A well-tinned stock-pot with a tap is to be recommended ; the tap permits the stock to be drawn off without any admixture of grease, all the fat rising to the top of the stock-pot.

For small households the earthenware stock-pot will be found useful, as a very small amount of heat is required to keep its contents at simmering point.

The materials that may be put into the stock-pot are bones and the trimmings of meat, cooked or uncooked ; poultry, giblets, poultry bones, game bones, the rinds and bones of bacon, the remains of gravies, but not sauces thickened with flour—the latter make the stock cloudy. Scraps of raw vegetables, if fresh and suitable, may be added in cold weather ; cooked vegetables must not be used for they are liable to turn sour, especially in warm weather.

Fat should never be put into the stock-pot, but marrow from bones is often introduced in small quantity. Flour and anything thickened with flour or potatoes must also be carefully excluded.

When using a metal stock-pot the stock should be emptied and strained every night into an earthenware vessel. In starting it the following morning the pieces of meat and bones from which all the goodness has been extracted should be discarded, and the rest returned to the stock-pot with the stock or fresh water.

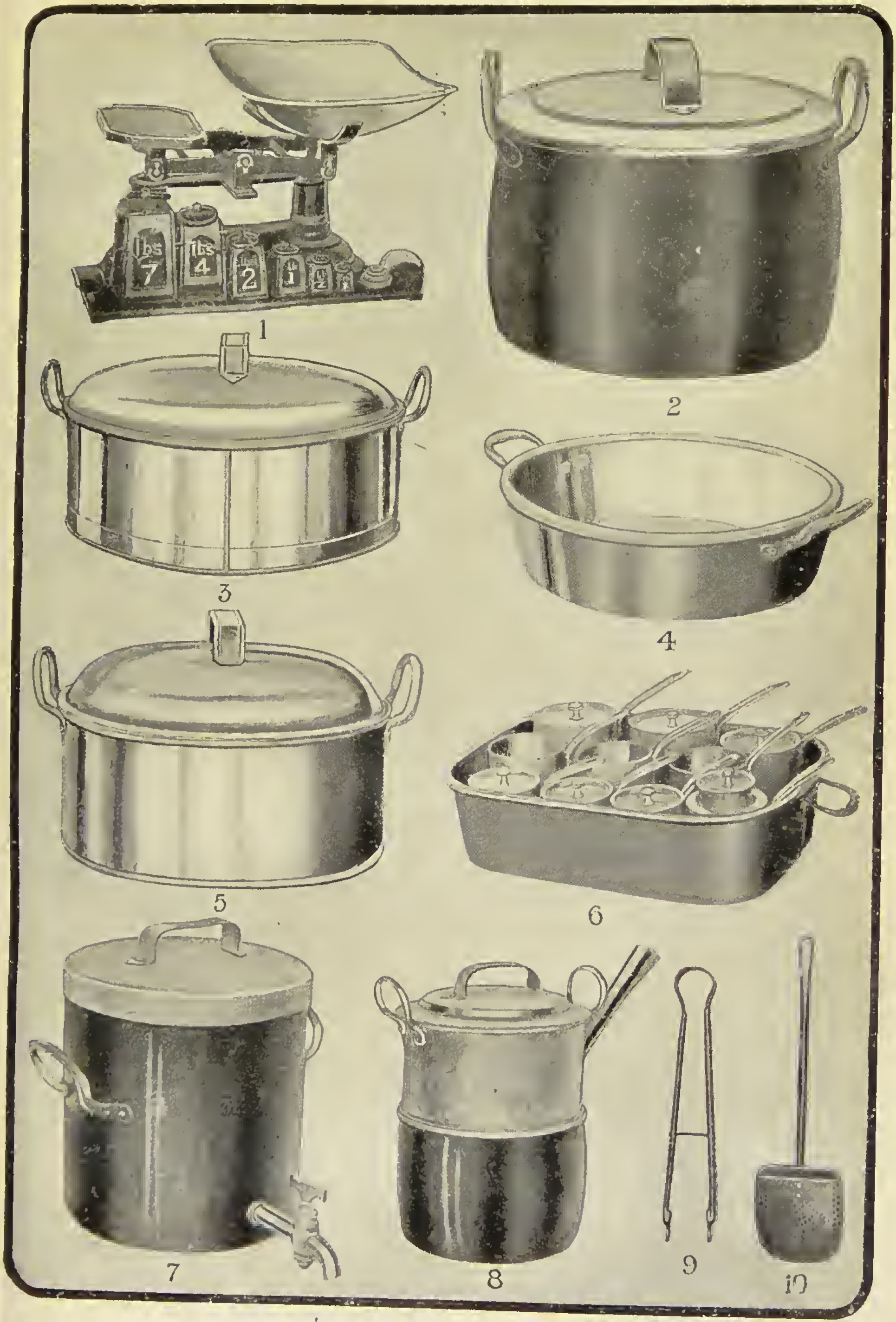
Fresh meat used for stock need not be washed, but should be wiped with a damp cloth before being cut up.

Any unused stock should be boiled up every day in hot weather, and in cooler weather every second or third day.

Meat glaze.—Any kind of rich meat stock, especially such as contains a good proportion of gelatinous substance, can be reduced to half glaze, or glaze gravy that sets to the thickness of jelly. This is effected by rapid boiling, and frequent skimming to ensure its being clear, until the desired consistency has been reached.

Glaze is used for improving the appearance of meats, galantines, pies, etc., and is very handy for enriching soups and sauces, which frequently require additional strength and flavour.

KITCHEN UTENSILS. No. 3.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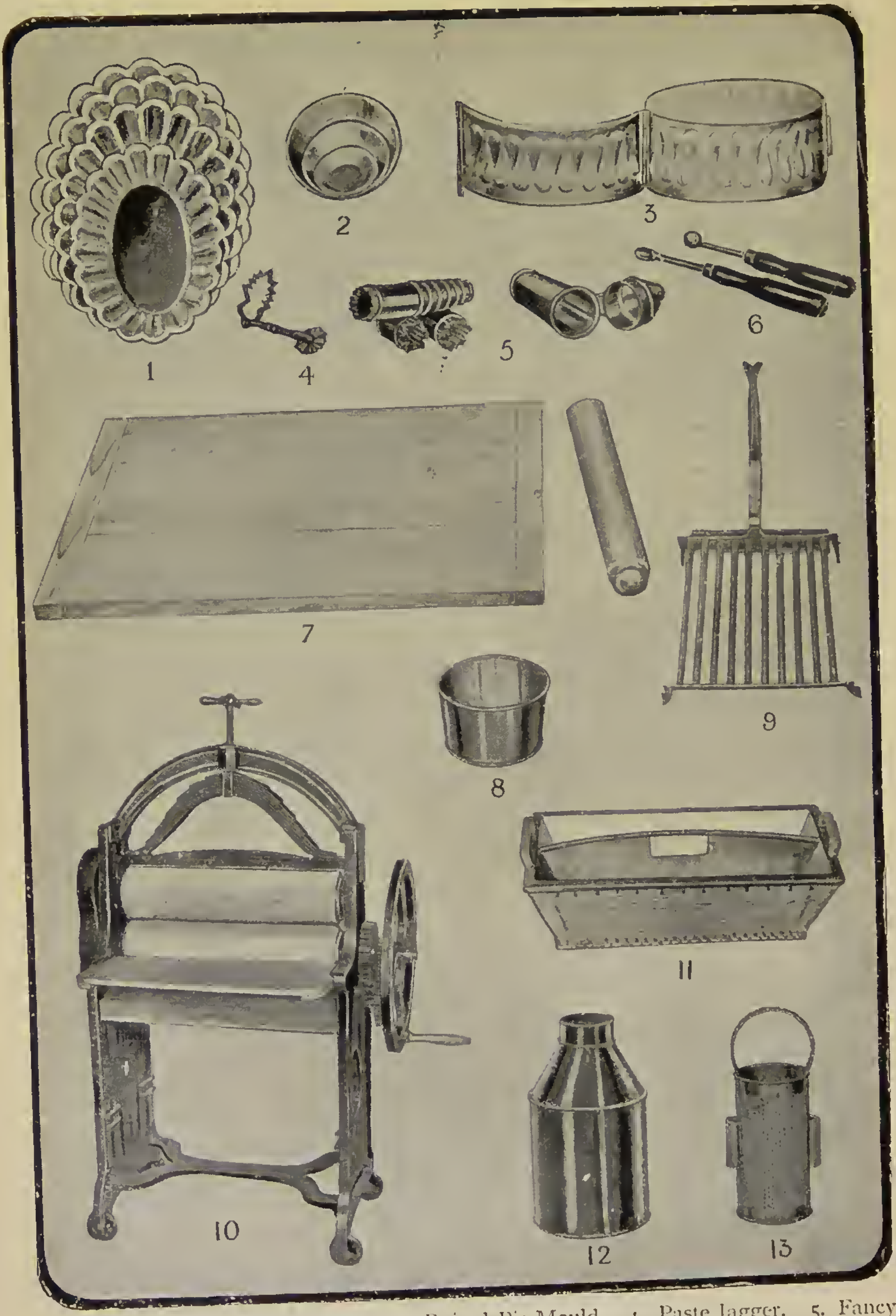
1. Household Weighing Machine. 2. Oval Boiling Pot. 3. Turbot Kettle. 4. Copper Preserving-pan. 5. Fish Kettle. 6. Bain Marie Pans. 7. Iron Stockpot with Tap. 8. Saucepan and Steamer. 9. Steak Tongs. 10. Fish Slice.

KITCHEN UTENSILS, No. 4.



1. Tart Pans. 2. Patty Pans. 3. Raised Pie Mould. 4. Paste Jagger. 5. Fancy Vegetable Cutters and Case. 6. Vegetable Scoops. 7. Paste Board and Pin. 8. Plain Charlotte Pudding Mould. 9. Gridiron. 10. Mangle or Wringer. 11. Tin-lined Wicker Knife Basket. 12. Coffee Canister. 13. Bread Grater.

SAUCES.

Importance of Sauces.—Alexis Soyer, referring to this subject, writes : "Sauces are to cookery what grammar is to language"—a most apt comparison, for grammars have been adapted in a hundred different ways to suit the genius of the languages they dominate. And so with sauces ; they form an essential part of cookery, yet the innumerable variations of each class have to be skilfully adapted to the dishes with which they are amalgamated or served, in order to give some necessary flavouring or produce some desired effect. Every cook should endeavour to attain proficiency in this branch of cookery, a task by no means so difficult as the number of sauces would lead us to suppose, for, if the few which have for their base either oil, wine, or fruit, are excluded, the remainder are simply variations of the two foundation sauces, white and brown.

Use of Sauces and Gravies.—Each sauce must possess a distinct flavour and character of its own, and add either richness, piquancy, or flavour without losing its own identity ; but unless purposely employed to disguise the absence of flavour in some insipid substance, they should never be allowed to overpower the natural flavour of dishes of game, poultry, meat, etc., with which they are served. The excellence of many entrées depends almost entirely on the sauces which enter largely into their composition. Boiled fish would be insipid without an appropriately flavoured sauce. Some dishes of boiled meat, and many simple puddings, are almost unpalatable without their customary sauces ; while a good gravy is indispensable with meat, poultry, etc.

Difference between Sauces and Gravies.—**Gravy** is simply the juices of meat, diluted and seasoned but not thickened, except the slightly-thickened brown gravy, which ought really to rank as a thin sauce.

Sauce.—Sauce has been defined as a liquid seasoning, thickened by means of one of the following liaisons (or mixtures of yolk of eggs, cream, etc., used for thickening or binding white soups and sauces) :—

1. Roux—white.
2. ,, fawn.
3. ,, brown.
4. Eggs and cream.
5. Butter and cream.
6. Blended butter and flour.
7. Blood.
8. Arrowroot, cornflour, Fecule.

Roux.—The literal translation of this word is "russet," but in a culinary sense it is a mixture of equal quantities of butter and flour cooked over a slow fire, or in a cool oven, until the desired colour is acquired. There are three varieties of roux ; white, fawn, and brown ; and this form of thickening is generally employed in making good sauces. It may be made in small quantities as required, or in larger quantities, which, if closely covered, will keep good for months. When roux is made for immediate use it should be allowed to cool slightly before adding the liquid to it. When using perfectly cold roux, the liquid should be added to it more gradually ; in both cases the sauce must be constantly stirred until it boils, and then allowed to simmer until it attains the required consistency. A heaped-up tablespoonful of roux will thicken 1 pint of liquid. Directions for the preparation of the respective liaisons (sauce thickenings) are given.

The bases or foundations of Sauces.—The following liquids form the bases of most of the sauces :—

1. **White Stock.**—Nearly all the good white savoury sauces have for their foundation white stock and milk, used in varying proportions.

2. **Brown Stock.**—All good brown savoury sauces are made from stock, more or less rich according to the purpose for which they are intended.

3. **Fish Stock.**—Fish sauces usually have for their foundation about equal quantities of fish stock and milk.

4. **Milk.**—Milk forms the basis of nearly all the plain white sauces, both sweet and savoury, also of bread sauce.

5. **Water.**—Strictly speaking, all *melted butter* sauces should be made only with water ; a little of the broth in which fish or meat has been boiled is admissible, and is also an improvement to caper sauce ; but when milk is added to the broth, as is frequently the case, to improve the colour, the foundation becomes white sauce, *not melted butter*.

6. **Oil.**—Mayonnaise sauce, and others of a similar character known as salad sauce, are composed almost entirely of oil as their basis.

7. **Fruit.**--Apple, cranberry, gooseberry, etc.

Foundation of Standard Sauces.—Sauces may be broadly divided into two classes, white and brown ; each class being further sub-divided into sauces made by a long, slow process, and quickly-made sauces.

(a) **White.**—**Béchamel** forms the foundation of all the good white sauces ; it is made by the slow process, which extracts the full flavour of the substances employed.

(b) **Plain White Sauce.**—Nearly all the white sauces employed in middle-class cookery have for their foundation a plain white sauce made by the quick process. Their flavour depends mainly on the substances added to them, such as parsley, celery, chocolate, vanilla, orange-essence. etc.

(a) **Brown.**—**Espagnole.**—This sauce and the Béchamel have been aptly described as " Adam " and " Eve." France adds to them the Veloutée and Allemande, and calls the group the " sauce mères," or " mother sauces." The Espagnole forms the basis of all good brown sauces, and these, like the white sauces, derive their distinctive names from the substances added to the foundation sauce. The rich exquisite characteristic flavour of Espagnole sauce is due partly to the lean bacon or ham which forms an indispensable part of it, and partly to the long, slow frying process to which the flour and other ingredients are subjected.

(b) **Plain Brown Sauces.**—These sauces are always less quickly made than the plain white sauces, for no matter how simple they may be, the flour must be fried brown before adding the liquid. A little caramel may be introduced to IMPROVE the colour, but it imparts nothing to the flavour, whereas frying develops the full flavour of both the flour and vegetables used in making brown sauces.

Stock: Béchamel, Veloutée, Allemande, and sauces of a similar character, must have for their foundation white stock made from chicken or veal, or the bones and trimmings of the same. The stock for Espagnole sauce, and those sauces of which it forms the basis, may be made from any kind of meat, trimmings, bones, livers, and gizzards of game and poultry; it must be rich, of good colour, but not necessarily very clear. The second stock, well reduced, would be suitable for this purpose.

The consistency of a sauce varies according to its use. For a coating sauce, that is, a sauce thick enough to mask a chicken, cutlets, etc., over which it is poured, the proportions of 1½ oz. of flour to 1 pint of liquid, when made by the slow process, during which the sauce becomes considerably reduced, but when made by the quick process nearly 2 oz. of flour must be allowed to 1 pint of liquid. Sauces to be served separately in a sauce-boat or poured round the base of a dish, should be made a little thinner, but it is always better to err on the side of over-thickening, it being much easier to reduce the consistency by adding a little more stock or milk, than to increase the consistency by reducing the quantity. The latter can only be done by boiling the liquid rapidly in an uncovered pan, which is not always convenient at the time of serving dinner. Reducing by rapid boiling is a method which may be usefully employed in dealing with stock too poor to make a suitable foundation for a good soup or sauce. As the stock is reduced by evaporation, its flavour and richness become concentrated, and if frequently skimmed it gains considerably in brightness and colour.

Time for Cooking.—Sauces made by the slow process are allowed to simmer for 2 or 3 hours, or until all the unabsorbed fat comes to the surface. Frequent stirring is necessary, also occasional skimming to remove the fat as it rises. The ordinary, or quickly-made sauces, should not have the liquid added until the flour and butter have been cooked together for 3 or 4 minutes, or, when flour kneaded with butter is used, or flour moistened with milk or stock is used, the liquid to which they are added should be allowed to simmer for at least 5 minutes after coming to the boil, otherwise the sauce has an unpleasant taste of raw flour.

Sometimes sauces made by the long process are over-cooked and become oily. In this case a little cold stock, milk, or water, can be added, and the sauce stirred until it boils, when it will again become smooth, but it must then immediately be removed from the fire.

Preparations of Ingredients.—To avoid repetition, the vegetables used in the recipes are spoken of as "prepared," meaning that the carrots have been scraped, the turnips peeled, and the onions peeled.

As regards the quantities given in the recipes, they have been kept as uniform as possible, and in most cases provide sufficient sauce to fill a sauce tureen, or for pouring round an entrée or pudding.

THICKENINGS FOR SAUCES.

White Roux.—In making white roux, equal quantities of butter and flour are stirred in a stewpan over a slow fire for 10 or 15 minutes, but without allowing the roux to take any colour. If for immediate use, the roux must cool slightly before adding the liquid.

Fawn Roux.—For a fawn or blonde roux, take equal quantities of butter and flour, and cook slowly over the fire or in a cool oven until the mixture acquires a pale fawn colour.

Brown Roux.—This third variety is usually called "stock roux," because where roux is being constantly used a large quantity of it is made and kept in stock. The proportion of butter and flour are the same as for white and fawn roux. The nut-brown colour is obtained by a long, slow process of frying or roasting, during which much of the flavour, characteristic of well-made brown sauce, is developed.

Egg Liaison.—This thickening is composed of yolks of eggs beaten up with a small quantity of cream, milk, or white stock. The sauce to which this liaison (or thickening) is added *must require no further cooking*. One or two tablespoonfuls of hot sauce should be mixed with the eggs and cream, and the whole then strained into the sauce, which should be just below boiling point. To remove the raw taste of the eggs, it is necessary to cook and stir the sauce by the side of the fire for a few minutes, but it must not be allowed to boil, or the eggs may curdle.

Butter and Cream Liaison.—When butter and cream are employed for thickening, they are added in equal proportions to the sauce JUST BEFORE SERVING: re-heating would spoil the flavour of the sauce.

Kneaded Butter Liaison.—This form of liaison is exceedingly useful when no roux is at hand, and a little additional thickening is required. Butter will absorb about its own weight in flour, and the two are kneaded together on a plate until all the flour is absorbed, or, in other words, thoroughly moistened by the butter. This liaison should be added to the sauce in small portions and stirred until it is smoothly mixed with it.

Blood Liaison.—This liaison is used principally to thicken sauces for game and poultry entrées. The blood of poultry or game should be mixed with a little vinegar, to prevent coagulation. It should be strained and added gradually to the sauce a few minutes before serving.

Arrowroot, Cornflour, Fecule Liaison.—Before adding any of these substances to the sauce, they must be smoothly mixed with a little cold stock, milk, or water. The liaison is stirred into the boiling sauce, and simmered for not less than 2 minutes to cook the starch.

GRAVY.

Gravy, pure and simple, is usually described as "the juices of the meat"; and it has been said that good gravy is an evidence of bad roasting or baking. But experience teaches us that the best gravy accompanies a joint which has been roasted before an open fire and well basted during the process, as is the custom in the north of England. Notwithstanding the argument that if the juices of the meat are in the gravy the joint must suffer, the north-country meat, when cut, is found to be full of gravy. Long before science had discovered the coagulating properties of albumen, it was the custom to put plenty of dripping into the tin before the fire, and as soon as it was hot the joint was hung on the "jack" and well basted. Without knowing the "why and wherefore," the most ignorant housewife would have explained that this method KEPT THE GRAVY IN. As the meat cooked before the clear bright fire it became crisp and brown; and each time it was basted some of the brown particles on the surface of the joint were carried down into the dripping and settled on the bottom of the tin, to be afterwards converted into gravy. From the above facts, we draw the conclusion that a browned surface and frequent basting produce good gravy. Meat baked in the oven has not quite the same flavour and nourishment as when roasted, but a juicy joint and good gravy are possibilities under the following conditions :—the joint must be well basted with melted dripping or other fat before being put into the oven; the oven must be kept fairly hot until the meat is well browned all over; in the later stages of cooking the oven door should not be entirely closed, for meat cannot become crisp and brown in an oven full of steam; the joint must be frequently basted. Gravy in its most simple form is made by adding boiling water to the sediment which remains in the meat tin when the fat has been carefully poured off. It should be seasoned to taste, boiled up, stirring meanwhile to loosen the brown particles which adhere to the sides of the tin, well skimmed, and strained over or round the meat. Any bones that have been removed from the meat may be boiled to form the basis of the gravy, but nothing else must be introduced. Beef gravy must contain only salt and pepper; and mutton gravy the same ingredients, and a few drops of caramel when the gravy is very light in colour. Veal gravy, also, should be made from the bones, and after being mixed with that in the meat tin, should be slightly thickened with flour and butter kneaded together, or flour mixed smoothly with a little water. Gravies served with game, roast rabbits, etc., may be made from beef, beef or game bones, or from stock. Clear stock must be used for clear gravies, but with this exception, any good second stock will serve. An economical cook will always contrive to provide the basis of gravies, sauces, and soups out of the bones and trimmings of poultry and meat, except, of course, the clear soups and gravies, which must have a good clear stock for their foundation.

FORCEMEAT.

In modern phraseology the term farce or forcemeat is applied equally to the simple and quickly made veal stuffing, the finely-pounded quenelle mixture (which is in no sense a stuffing), and the various farces used to cover sections of pigeons, cutlets, etc.

The consistency of forcemeats varies according to the purpose for which they are required. Those intended for stuffing may be moistened with milk instead of egg, and made much more moist than quenelles, which must retain their shape and be firm enough to support their own weight during the process of cooking.

The quantity of liquid necessary to thoroughly moisten, and the number of eggs required to stiffen the various substances, cannot be stated exactly, but it is better to have a rough guide than none, and when making quenelle mixtures, which must have a certain consistency, and yet retain the lightness which is one of their chief points of excellence, it is advisable to test the mixture by poaching a small quantity of it in boiling water. When too soft, another yolk of egg should be added, if eggs have been already used, or a few crumbs may be added to mixtures of which they already form a part.

The excellence of many simple forcemeats depends largely on flavourings and seasoning. In making them, it is a common error to use too little salt and pepper, and too few flavourings ; it is much better to use a small quantity of several kinds than to allow one flavour to predominate. A comparatively large quantity of nutmeg may be used in veal forcemeat without its presence being detected ; it is believed that its strength is in some manner used in developing the flavour of the substances with which it is mixed.

The liquid in which quenelles are poached must always be quite boiling, in order that the surface may immediately harden, and so help them to retain their shape.

FISH.

Fish as Food.—As an article of nourishment fish is less satisfying, and less stimulating, than butcher's meat. Hence it is valuable in the sick-room, when stronger kinds of animal food are unsuitable for invalids. It is, however, a matter of common experience that in fishing towns, where little or no other animal food is taken, the health and vigour of the inhabitants are excellent.

The amount of nourishment contained in fish varies with the species. Some of the red-fleshed fish are almost as nutritious as butcher's meat. Chief amongst these is salmon, once a principal article of food in this country, though in point of fact, the richness and peculiar flavour of this fish make it ill-adapted for daily food.

The white-fleshed fish, such as whiting, sole, haddock, hake, cod, and skate, are less nourishing, but more digestible ; and it is said that they do not so soon pall upon the appetite of those who live on fish. The whiting is best suited for invalids, and next, perhaps, come the sole, haddock, and plaice. Cod, hake, and skate are remarkably firm-fleshed and fibrous, and even when in good condition, are somewhat difficult of digestion. The flesh of all these fish contains little fat ; but in the liver, especially that of the cod-fish, oil accumulates. Fish oil is said to be more easy of digestion than any other kind of fat, and cod-liver oil is therefore commonly given to invalids.

In other fish, with flesh more or less white, there is much fat in the tissues. Herrings, pilchards, sprats, eels, lampreys, mackerel, are rich, and likely to disagree with delicate persons. However, they are nourishing ; and supplying, as they do, both fat and flavour at a small cost, are very largely consumed by the poor. Herring is said to contain more nourishment and is cheaper than any other kind of fish food.

Crimping is employed to increase the firmness of the flesh by contraction of the muscles, in the case of cod, skate, salmon, and some other species. The popular notion that fish must be crimped while it is alive is erroneous, but it must be done immediately after death, before RIGOR MORTIS has set in. It is said that crimped fish keeps fresh longer than fish in its natural state.

To Choose Fish, the first necessity is that it should be fresh. Stiffness and rigidity of the flesh are a sure guide, for RIGOR MORTIS passes off in the course of time, and the flesh then becomes flabby.

The smell is not a sure guide if the fish has been kept in ice, for it may smell fresh, and yet change directly it is taken from the ice.

The redness of the gills is a good indication, and the brightness of the eyes, which should not be sunken in the head.

A proof of freshness and goodness in most fish is their being covered with scales; if the scales are deficient, the fish may be stale or they may have been damaged, and then they will not keep.

In flat fish the skin should be smooth and moist, and closely adherent to the flesh. It is a bad sign if the skin is blistered.

Salmon, cod, and the large fish generally should have a bronze tint when freshly cut. Turbot and brill should have yellowish flesh.

Very large fish are not to be preferred, as they are probably old and tough. A flat fish should be thick in proportion to its size; all fish should have large girth rather than great length. In buying a slice of fish, it is better to choose a thick slice from a small fish than a thin slice from a large one.

The red-fleshed and oily fish cannot be eaten too soon after they are out of the water. If kept they should be cleaned and wiped very dry, and laid on ice, or on stones in a current of air, when ice cannot be obtained. The larger fish can be hung up by the gills. They can be parboiled, and so kept for a day or two.

Turbot, brill, dory, and some other cartilaginous white-fleshed fish may be kept for a day or two with advantage. A turbot must always be hung up by the tail until it is ready to be cooked. White fish can be rubbed over with salt, and so kept for a day or two; but fish loses nourishment and quality in the process, which should only be resorted to when absolutely necessary. Fish that is not quite fresh can be improved by thorough washing in vinegar and water, or permanganate of potash and water. It is afterwards better fried than boiled, but no dressing will entirely conceal its quality.

Preserved Fish.—Various methods are resorted to for preserving fish. It is dried, smoked, salted, put up in oil; or a combination of these methods is used, the object being to remove moisture or to exclude air. Of tinned fish we have spoken in another chapter. The fish that are most easily preserved are those rich in oil and of firm fibre. All fish lose nourishing power by being salted, and salt cod is said to be the least nourishing of foods commonly eaten.

Shell-fish are, as a rule, difficult of digestion, owing to the toughness and hardness of the flesh. The crustacea commonly eaten are the lobster, crab, crayfish, shrimp, and prawn.

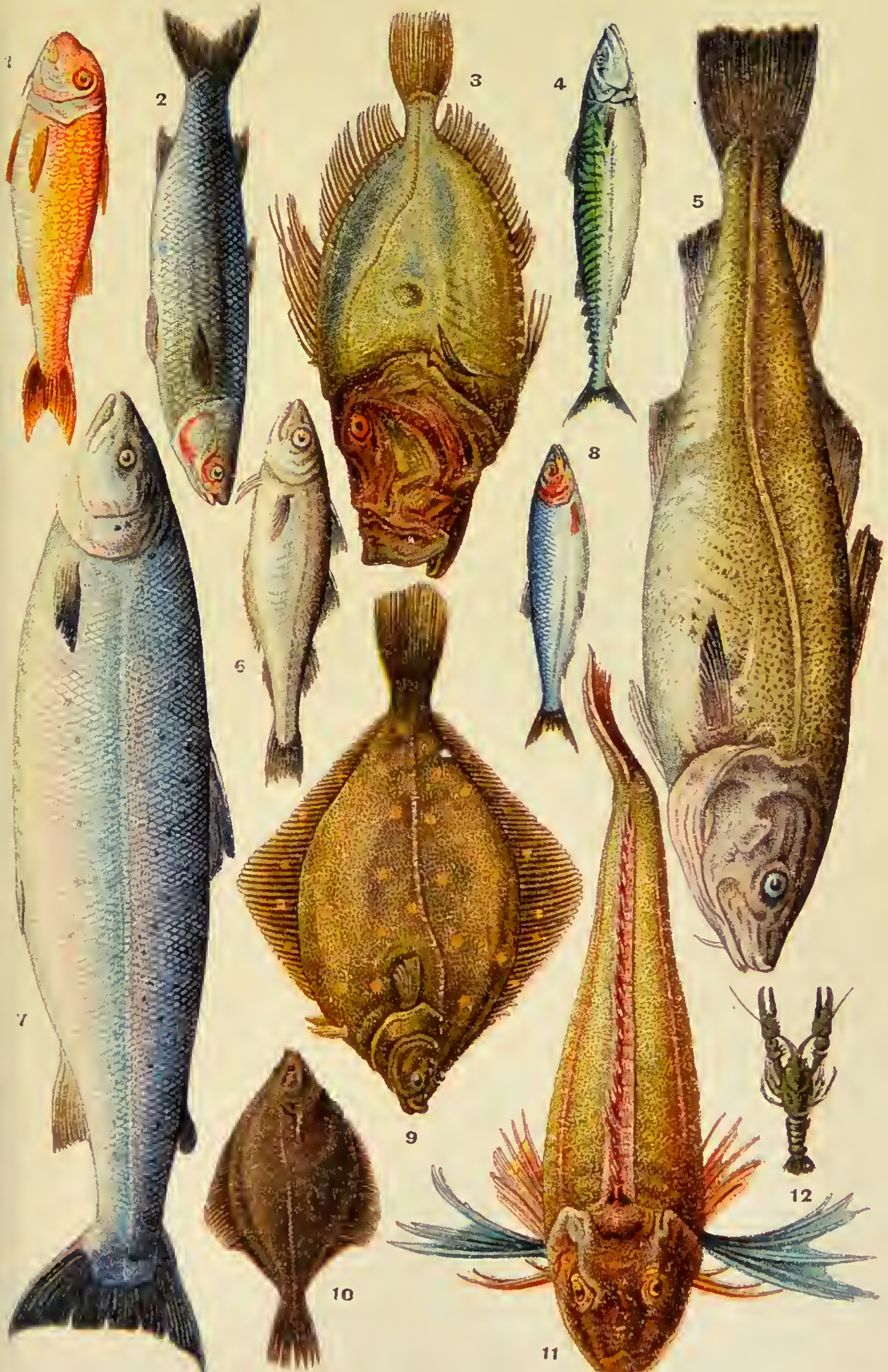
Of the bivalve shell-fish, oysters have the best reputation, both for flavour and digestibility, and are for that reason given to invalids. Cooking, especially at a great heat, hardens them, and so renders them less digestible.

Reptiles as Food.—The green turtle is the only reptile that we appreciate as a food, though many reptiles are eaten in different parts of the world. Turtles sometimes weigh 600 lbs. or 700 lbs., and are imported into, and kept, in this country alive. Sun-dried turtle, sold in pieces, is much cheaper than, and is a good substitute for, fresh turtle. Tinned turtle is also sold, and extract of turtle is recommended for invalids. These preparations can be bought in small quantities, and are within the reach of many who could not procure fresh turtle soup. The edible frog (*rana esculenta*) is esteemed in many parts of Europe, but has never been appreciated by English people. Only the hind legs are eaten.

In Preparing Fish of any kind, the first point to be attended to is to see that it is perfectly clean. It is a common error to wash it too much, as by doing so the flavour is diminished. The best way to clean fish is to wipe it thoroughly with a clean damp cloth. If the fish is to be boiled, a little salt and vinegar should be put into the water, to give it firmness, after it is cleaned. In consequence of the amount of oil certain fish contain, their liver and roes take longer to cook than the flesh, and should be put into the saucepan before the fish, if not cooked separately. Fish, except salmon, should be put into warm water, and cooked very gently, or the outside will break before the inner part is done. Hot water should not be poured ON to the fish, as it is liable to break the skin; if it should be necessary to add a little water whilst the fish is cooking, it ought to be poured in gently at the side of the vessel. The fish-plate may be drawn up, to see if the fish be ready, which may be known by its easily separating from the bone. When done, it should be immediately taken out of the water, or it will become woolly. The fish-plate should be set crossways over the kettle, to keep hot for serving, and a cloth laid over the fish to prevent it losing its colour. The exact temperature of the water, at the time of placing the fish in the kettle, depends on the kind of fish to be cooked. If it is too hot the skin breaks, and if it is cold much of the flavour is lost. Fish can scarcely cook too slowly; steaming is often better than boiling.

Fish to be fried or broiled must be dried on a soft cloth, after it is well cleaned and washed. Prior to frying, dip it lightly in flour, brush it over with egg, and cover it with some fine crumbs of bread. The fish, after it is fried must be thoroughly drained and freed from fat. A sheet of white paper must be placed to receive it, in order that the superfluous grease is absorbed. It must also be of a beautiful colour, and all the crumbs appear distinct. Butter in frying gives a bad colour to fish; lard and clarified dripping are most frequently used. but oil is considered the best. The fish should be put into the fat or oil when the latter is hot enough to immediately harden the surface. There should be sufficient fat to well cover it.

When fish is broiled, it must be seasoned, floured, and laid on a very clean gridiron, which, when hot, should be rubbed with a bit of suet, to prevent the fish from sticking. It must be broiled over or before a very clear fire, that it may not taste smoky; and not too near,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SH—1 Red Mullet. 2 Grayling. 3 John Dory. 4 Mackerel. 5 Cod. 6 Whiting. 7 Salmon.
8 Herring. 9 Plaice. 10 Flounder. 11 Gurnet. 12 Crayfish.

that it may not be scorched. Fish may also be baked, stewed, and made into soups. In choosing fish, it is well to remember that it is possible it may be fresh and yet not good. In this work rules are given for the choice of each particular fish, and the months when it is in season. Nothing can be of greater consequence to a cook than to have the fish good, as, if this important course in a dinner does not give satisfaction, it is rarely that the repast goes off well.

Keeping Fish.—When fish is cheap and plentiful, and a larger quantity is purchased than is immediately wanted, the overplus of such as will bear it should be potted, or pickled, or salted, and hung up; or it may be fried, that it may serve for stewing the next day. Fresh-water fish having frequently a muddy smell and taste, should be soaked in strong salt and water, after it has been well cleaned. If of a sufficient size, it may be scalded in salt and water, and then dried and dressed. Cod-fish, whiting, and haddock are none the worse for being a little salted and kept a day; and unless the weather be very hot, they will be good for two days.

Garnishing Fish requires great nicety. Plenty of parsley, horse-radish, lobster coral, and lemon should be used. If fried parsley be used it must be washed and picked, and thrown into fresh water. When the lard or dripping is hot enough, squeeze the parsley dry in a cloth, and throw it into the saucepan. It will bubble a good deal, and, therefore, it is better to lift the pan from the fire. In a few seconds the parsley will be green and crisp, and must be taken up with a slice, if there is no frying-basket. Well dressed, and with very good sauce, fish is, by the generality of people, more appreciated than almost any other dish. The liver and roe, in some instances, should be placed on the dish, in order that they may be distributed in the course of serving.

Fresh-water Fish.—Of the various ways in which fresh-water fish may be cooked, boiling is the least suitable. Many varieties lack flavour, others have peculiarities which render them disagreeable to some persons, and should therefore be disguised by a liberal use of seasonings, flavourings, and sharp sauces.

Fish, to Boil.—In boiling fish it is advisable to use a fish-kettle, provided with a strainer, so that the fish can be gently lifted without breaking. Failing this, the fish should be tied in muslin, and placed on a plate at the bottom of a saucepan. Salmon and salmon trout should be put into boiling salted water, to preserve their colour, but other kinds of fish should be placed in warm water, for boiling water has a tendency to break the skin, and cold water extracts much of the flavour. Fish should always be gently simmered after boiling point is reached, otherwise it is liable to break. It should also be cooked in the smallest possible quantity of water, which, when practicable, should afterwards form the basis of a fish soup or fish sauce. Lemon-juice or vinegar should be added to the water in which white fish is cooked, as it tends to increase its whiteness. The time required for cooking depends more on the thickness than the weight of the fish, but as soon as the bone separates readily, the fish should be taken from the water and kept covered, on the strainer, placed across the fish-kettle, until required. Fish, when boiled, should always be served on a strainer covered with a folded napkin. It is usually garnished with slices of lemon and tufts of green parsley, a little additional colour being sometimes introduced by means of lobster coral, prawns, etc.

Fish, to Broil.—This method of cooking is an extremely simple one when proper appliances are at hand, but when the only means available are those usually found in middle-class kitchens, some little difficulty may be experienced. A clean gridiron and a clear fire are indispensable factors, and the former may be easily secured by heating the gridiron, and afterwards rubbing it repeatedly with soft paper until perfectly clean. No matter how clear and bright the fire may appear, more or less smoke will arise from it, but this may be checked to some extent by throwing on a good handful of salt. Fish intended for grilling should be thoroughly dried, then brushed over with oil or oiled butter, and seasoned with salt and pepper. Meat also needs to be slightly coated with oil or butter, otherwise the surface may become dry. The gridiron must be heated and rubbed over on both sides with suet or fat, to prevent whatever is being cooked sticking to it. For the same reason it is necessary to move the meat or fish occasionally, using meat-tongs or a knife for the purpose, thus avoiding making holes through which the juices could escape. Delicate fish is frequently enclosed in oiled paper, and should then be served in the paper in which it was cooked.

Fish, to Cure.—Empty, wash, and scale the fish, and, if large, cut it down the back. Rub it inside and out with common salt, and let it hang in a cool place for 24 hours. Mix together 1 oz. of bay-salt, ½ an oz. of saltpetre, ½ an oz. of brown sugar, and rub the fish well with the preparation. Place it on a large dish, cover it lightly, but completely, with salt, and allow it to remain undisturbed for 48 hours. Turn the fish over, cover it with fresh salt, and let it remain for 24 hours longer. Drain and well dry the fish, stretch it on sticks, and keep it in a dry, cool place. When kept for a great length of time, it will be necessary to well soak the fish before cooking.

Fish, to Fillet.—The skin must be removed from both sides of a sole before filleting, but the dark skin on the under side of a sole is nearly always removed by the fishmonger. Plaice is frequently filleted without removing the skin, although it is better to strip the dark skin off the back. Whiting and haddock are usually skinned, while mackerel are very seldom skinned before being filleted. When the fish has been washed, dried, and skinned, it should be placed flat on a board or table, and with the point of a knife cut from head to tail down the backbone. Next insert the knife in the slit made, and carefully separate the fish from the bone, keeping the knife pressed lightly against the bone meanwhile. Remove the fillets, trim them neatly, and cut into pieces convenient for serving.

Fish, to Fry.—Fish to be fried should be well dried after washing, and it is usually cut into pieces convenient for serving. Although very good results can be obtained by such simple means as a frying-pan and a very small quantity of fat—providing the fat be hot and the fish dry and slightly floured—a deep pan containing sufficient fat to completely cover the fish is desirable. Before frying, the fish should either be dipped into well-seasoned batter or coated with egg and breadcrumbs, and in the latter case it should be first rolled in a little flour seasoned with salt and pepper, the object being to make it as dry as possible, in order that the breadcrumbs may adhere more firmly. The fat should be very hot at all times, but its temperature must be slightly lower when frying fillets of fish than when frying such things as croquettes, rissoles, etc., which are generally composed of cooked materials. When the surface of a small piece of bread immediately hardens and slightly changes its colour on being immersed in the fat, the temperature is right for raw materials or anything that is thickly coated with batter, but when frying anything of which the exterior alone has to be cooked, it is better to have the fat sufficiently hot to at once brown whatever is immersed in it. Small things are nearly always fried in a wire basket, but fillets of fish are dropped into the fat, and when cooked, taken out on a fish slice. Anything fried should afterwards be well drained, either on a cloth or kitchen paper. Fish is usually garnished with lemon and parsley, croquettes and other dishes of the same class with parsley alone, while fruit fritters should be literally sprinkled with sugar before serving.

Oil may be strongly recommended for frying, but clarified fat is more generally employed in ordinary households, and for all frying purposes is preferable to lard, which is apt to impart an unpleasant fatty flavour. All fat after being used for frying should be allowed to cool slightly, and afterwards strained into an earthenware vessel; or, after repeated use, it may be partially purified by straining it into a basin of boiling water, when fragments of fish, breadcrumbs, etc., will sink to the bottom, and may be scraped off as soon as the fat hardens.

Fish, to Salt.—The following method of salting fish is particularly suited to herrings, mackerel, and other small varieties. Choose fish that is perfectly fresh; empty, scale, and clean, but do not wash them. Make a brine sufficiently strong to float an egg, put in the fish, which should be completely covered, and let it remain in the brine for 18 hours. When ready, drain well, place them in layers in an earthenware vessel, covering each layer thickly with salt. Cover closely to completely exclude the air, and store in a cool, dry place. The fish must be well soaked before cooking.

MEAT.

Methods of Cooking.—Roasting, baking, boiling, stewing, braising, frying, and grilling are the usual methods of cooking animal food. To explain the philosophy of these simple operations, we must notice the effects that are produced by heat on the principal constituents of flesh. When finely chopped mutton or beef is soaked for some time in a small quantity of water, and then subjected to slight pressure, the juice of the meat is extracted, and there is left a white, tasteless residue, consisting chiefly of muscular fibre. When this residue is heated to between 180° and 200° F., the fibres shrink together, and become hard and horny. The influence of a higher temperature on the soluble extracts is not less remarkable. When the watery infusion which contains the nutritive constituents of the meat is gradually heated, it soon becomes turbid, and, when the temperature reaches about 160°, flakes of whitish matter separate. These flakes are ALBUMEN, a substance precisely similar in all its properties to the white of egg. When the temperature of the watery extract is raised to 158°, the colouring matter of the blood coagulates, and the liquid, which was originally tinged red by this substance, is left perfectly clear, and almost colourless. When evaporated, even at a gentle heat, this residual liquid gradually becomes brown, and acquires the flavour of roast meat. The fibres of meat are surrounded by a liquid which contains albumen in its soluble state, just as it exists in the unboiled egg. During the operation of boiling or roasting this substance coagulates. The tenderness of well-cooked meat is consequently proportioned to the amount of heat employed, and the slight or complete coagulation of the albumen deposited in its substance. Meat is done when it has been heated throughout only to the temperature of coagulating albumen, provided the heat is continued long enough; it is thoroughly done when it has been heated through its whole mass to the temperature at which the colouring matter of the blood coagulates; it is overdone when the heat has been continued long enough to harden the fibres.

Boiling, Roasting, and Baking.—During these operations, fresh beef and mutton, when moderately fat, lose on an average about—

	In Boiling.	In Baking.	In Roasting.
4 lbs. of Beef lose	1 lb.	1 lb. 3 oz.	1 lb. 5 oz.
4 lbs. of Mutton lose	14 oz.	1 lb. 4 oz.	1 lb. 6 oz.

More recent experiments also show that animal matter loses more weight by roasting than by boiling. In roasting, the loss arises from the melting out of the fat and evaporation of water; but the nutritious matter remains condensed in the cooked meat, whereas, in boiling, the gelatin is partly abstracted. Roast meats are therefore more nutritious than boiled meats; but in consequence of the chemical decomposition of the fat of roast meats, due to a long continued exposure to an intense heat, they are less easily digested.

Roasting.—In roasting, the joint must be suspended where the rays of heat from the fire may fall directly upon it. In localities where this excellent and wholesome method of cooking is largely practised, kitchens are provided with a primitive meat-screen, a three-leaved folding "hastener," lined on the inside with a bright metal which reflects the heat. Therefore, although roasting may be described as cooking by radiant heat, it is a process in which reflected heat plays a secondary and by no means unimportant part. By many, roasting is condemned as an extravagant method of cooking. Undoubtedly meat loses considerably in weight when roasted, but there is no real loss; the melted fat remains as dripping; any meat juice which escapes coagulates and forms the basis of the gravy, and by the evaporation of water, to which the greater part of the loss is due, the nutritives of the meat have simply become more concentrated. The consumption of coal in roasting is not excessive when the fire is properly built up. Some 30 or 40 minutes before the fire must be ready, the front of the grate should be filled with small lumps of coal, and the back with a few lumps mixed with a considerable quantity of slightly-wetted small coal. As the front of the fire burns away, the embers from the back can be brought forward, and small coal or cinders put in their place, thus keeping the front of the fire clear and bright. Immediately the fire is made up the "hastener," or meat-screen, should be drawn around it, so that its surface may become thoroughly hot before the meat is put down to roast. When the fire is clear and bright the joint should be placed quite close to it for 10 or 15 minutes; and as soon as it is put down it should be well basted with hot dripping, and this greatly assists in forming an impervious surface through which the juices of the meat cannot escape. The joint must be frequently basted during the first half-hour, and afterwards every 10 or 15 minutes. When properly roasted and sufficiently basted, the joint ought to be nicely browned without the aid of flour. A little salt and pepper is sometimes sprinkled on the joint before serving, but it is not necessary. It was considered an improvement to the gravy when the old custom obtained of pouring a little over the joint.

It is impossible to fix the exact time required for roasting meat, because so much depends upon the form and thickness of the joint, and its age and condition. The general rule is to allow 15 minutes for each lb. of beef and mutton, and 15 minutes over; and 20 minutes for each lb. of veal and pork, and 20 minutes over. Meat of recently-killed beasts requires longer cooking than meat which has hung for some time; in warm weather joints require rather less time for roasting than in cold. A square solid piece of beef will not cook as quickly as a shoulder of mutton of equal weight; and rolled and stuffed meat must be allowed a longer time than if the joints were not prepared in this manner.

White meats, and the meat of young animals, require to be very well roasted, both to be pleasant to the palate and easy of digestion. Thus veal, pork, and lamb should be thoroughly done to the centre.

Mutton and beef, on the other hand, do not, generally speaking, require to be so thoroughly done, and they should be cooked so that, in carving them, the gravy will just run, but not too freely. Of course in this, as in most other cases, the tastes of individuals vary; and there are many who cannot partake, with satisfaction, of any joint unless it is what others would call overdressed.

Baking.—Meat baked in the oven has never the same delicious aromatic flavour as when roasted in front of the fire, but with care it is possible to have a baked joint with a good flavour and a well-browned and crisp surface. To preserve the flavour of the meat, it is absolutely necessary that every part of the oven should be kept scrupulously clean. Nothing can brown properly or become crisp in too moist an atmosphere; therefore there must be an outlet for the steam produced by the evaporation of some of the water in the meat; and if the construction of the oven does not provide sufficient ventilation, the door must be kept partly open to allow the steam to escape. To ensure perfectly satisfactory results, a proper baking-tin must be used. This consists of a double tin, the upper part being provided with a grid, on which the meat rests, thus preventing unnecessary contact with the dripping. The lower tin is filled with water, which prevents the fat in the upper tin burning and giving off unpleasant odours to be absorbed by the meat, which would spoil its flavour. The principles of roasting and baking are exactly the same, the object being in both processes to preserve the nutritive qualities of the meat by preventing the escape of the juices of the meat. Before putting the joint in the oven it should be well basted with hot fat, for the reason already explained in reference to roasting meat. The oven should be hot for the first 10 or 15 minutes, in order that the albumen on the surface of the meat may be quickly coagulated and the juices of the meat retained. The temperature must then be lowered, or the meat transferred to a cooler oven, if the stove is provided with two. The temperature of an oven may be quickly reduced by drawing away some of the fire, putting in the dampers, or leaving the oven door open. Frequent basting is as essential in baking as in roasting ; it not only keeps the meat mellow and tender, it also prevents waste by shrinkage, and by washing off some of the hardened particles it prevents the meat becoming too brown, while at the same time it provides a deposit to be afterwards converted into good gravy.

The time required for baking meat is the same as for roasting, viz., 15 minutes to each lb. of beef and mutton, and 15 minutes over ; and 20 minutes to each lb. of pork and veal, and 20 minutes over, with the usual allowances for form, condition, stuffing, etc., which experience must determine.

Boiling.—Boiling is generally considered one of the most easy and simple processes of cookery. Certainly meat cooked in a pot requires very little attention, and too frequently receives none at all, as is evidenced by the ragged mutton and hard, flavourless beef to which the term BOILED meat may be correctly applied. Although meat loses less weight when boiled than when roasted or baked, there is more loss of nutritive constituents, unless both the meat and the liquor in which it is cooked be consumed, for certain mineral salts, soluble substances, and a considerable quantity of gelatin, are abstracted during the process of cooking, and remain dissolved in the liquor. When the meat is intended to be eaten, it is desirable that its valuable nutritive juices should be retained, and this is effected, as in roasting and baking, by subjecting the joint for a short time to a temperature sufficiently high to rapidly coagulate the surface albumin, thus forming an impervious envelope which prevents the escape of the internal juices, and most effectually excludes the water, which, by diluting these juices, would render the meat insipid. All fresh meat should be immersed in boiling water for 10 minutes, but at the end of that time the temperature must be reduced, and the surest and quickest way of effecting this is to draw the pot aside and add cold water by degrees until the water in the pot ceases to boil. One pint of cold water would sufficiently reduce the contents of a large boiling pot. When it is possible to choose, the one selected should be just large enough to hold the meat, which must be kept covered with water ; hot water being added to replace that which boils away, in order to maintain an even temperature. The addition of such vegetables as turnip, carrot, onion, and celery decidedly improves the flavour of meat, but they should never be used in sufficiently large quantities to overpower its natural flavour.

Turnip must be always sparingly used, for it possesses the peculiar property of absorbing the flavour of any material it comes in contact with, and is often usefully employed for that purpose. In one respect, boiling is more economical than either roasting or baking, for when once the right point is reached a very small fire will maintain the proper temperature. Any heat in excess of this is wasted, and the benefit of slow, progressive cooking is lost. Meat cooks as quickly at simmering point as if the water surrounding it were kept in a state of violent ebullition, and with far better results, for continued application of excessive heat hardens the fibres of the meat, and renders it tough and indigestible.

The time allowed for boiling meat is from 20 to 25 minutes for each lb. of meat, according to the solidity or thinness of the joint, and the kind of meat; pork requires longer boiling than beef or mutton, and salted meat longer than fresh meat.

Salt beef, salt pork, pickled pork, tongues, and hams should always be put into warm water, unless very highly salted, when they may be put into cold water to extract some of the salt. Smoked hams and tongues must be soaked in cold water for at least 12 hours before cooking. Any kind of salt meat intended to be served cold will be more mellow and juicy if allowed to remain in the liquor until cold; but this practice cannot be recommended in warm weather unless the meat will be quickly consumed, for the large amount of moisture it contains soon renders it unfit for use.

Stewing.—This process of cooking may be defined as "simmering in a small quantity of liquid." Undoubtedly it is the most economical method of cooking meat, not only on account of the small amount of fuel required to keep up the gentle simmering, but also because tough, coarse, inexpensive kinds of meat may, by this long, slow, continuous process, be rendered tender and palatable. There is practically no loss of nutritive constituents, for everything abstracted from the meat is contained in the gravy. The fibres of coarse meat should never be exposed to a higher temperature than 160° F., simmering point is 180° F., boiling point, 212° F. To cook meat at this comparatively low temperature it is absolutely necessary that the vessel containing it should be provided with a lid fitting so closely that the steam cannot escape; or failing this, two or three thicknesses of greased paper must be placed under the lid. Lean meat alone is suitable for stewing, more particularly when the liquid is thickened with flour, which prevents the fat rising to the surface of the liquid. In consequence of not being able to remove the fat by skimming, stews are apt to disagree with those who are in the least inclined to dyspepsia; but when made of lean meat they are easily digested. A few rough trimmings of vegetables should be added to flavour the stew; but it is better to cook the vegetables to be served with it separately, for the low temperature at which the meat stews destroys the colour of both carrots and turnips. When the meat is very coarse its fibres may be softened either by adding a little vinegar to the stew, or by pouring a little over the meat and allowing it to soak in it for at least an hour before cooking. But when the meat is tender, if it is quickly fried on both sides before it is stewed, it has both a better appearance and flavour.

No definite rule as to time can be given; stews may be allowed to cook gently from 4 to 5 hours, but longer cooking usually reduces the fibres of beef and mutton to a stringy, thread-like mass, so hardened that they cannot be digested, and consequently afford no nourishment. Stews cannot cook too slowly ; it is not necessary that there should be the least ebullition, but there must be sufficient heat applied to evaporate the liquid and fill the vessel with steam, otherwise the meat is not cooking.

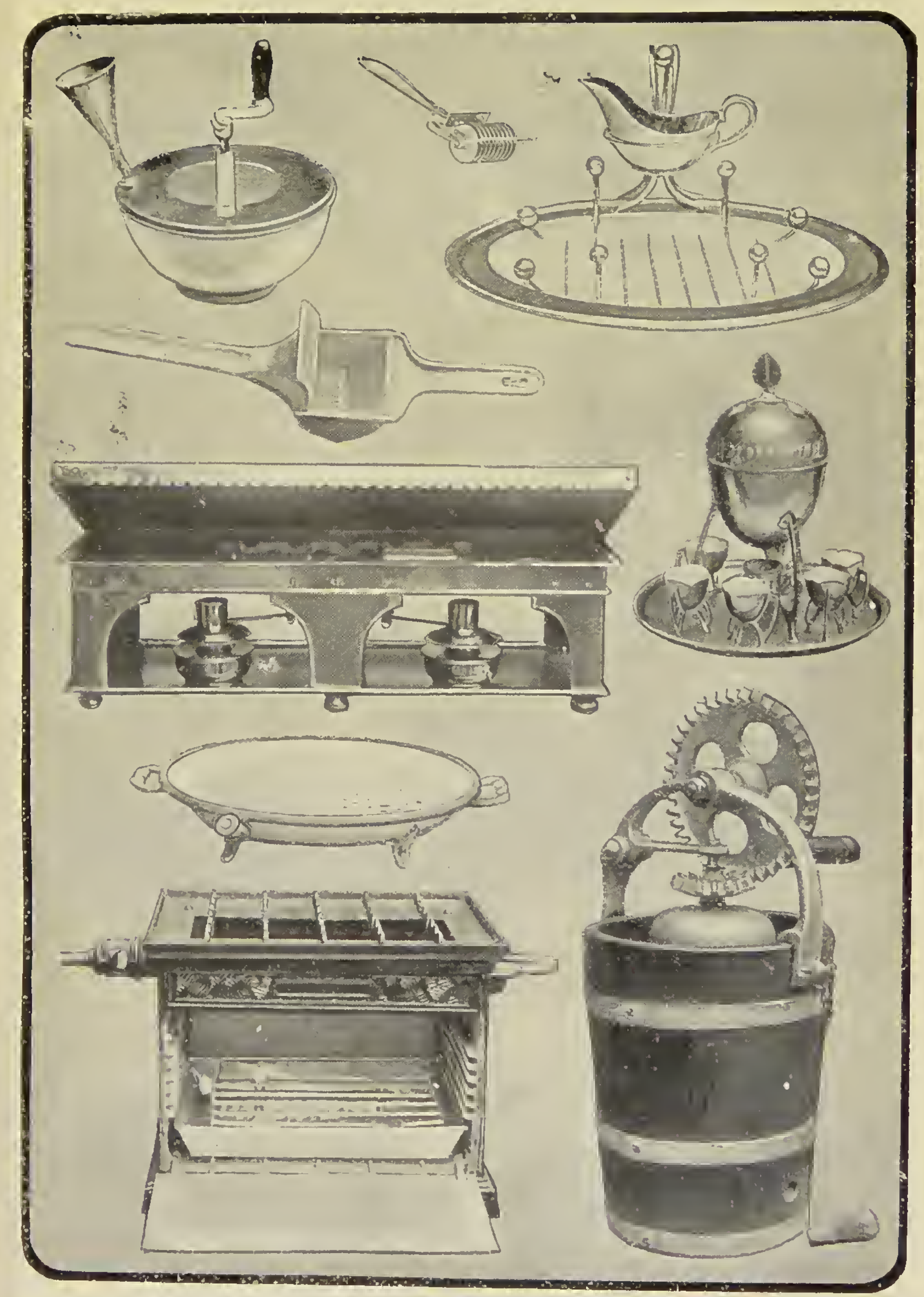
Braising.—This excellent method of cooking is a combination of roasting and stewing, for when a properly constructed pan is used heat is applied from above by means of a depressed lid on which charcoal is burnt. When meat is braised in an ordinary stewpan it is simply placed on a foundation of vegetables surrounded, but not covered, with stock. The meat does not come in contact with the liquid, but becomes thoroughly flavoured with the vegetables, and by long slow cooking in the steam is rendered tender and digestible. It is then placed in a quick oven and browned and crisped before serving.

Frying.—From the appended table it will be seen that all fats and oils do not boil at the same temperature. In ordinary houses thermometers for testing the heat for cooking are not available, but the table given is instructive without their aid—at least it should make clear the reason why it is so much more difficult to fry in a small quantity of butter than in a corresponding amount of fat or oil.

Butter	boils at	150°	F.
Lard	,,	210°	,,
Clarified Fat	,,	250°	,,
Oil	,,	390-400°	,,

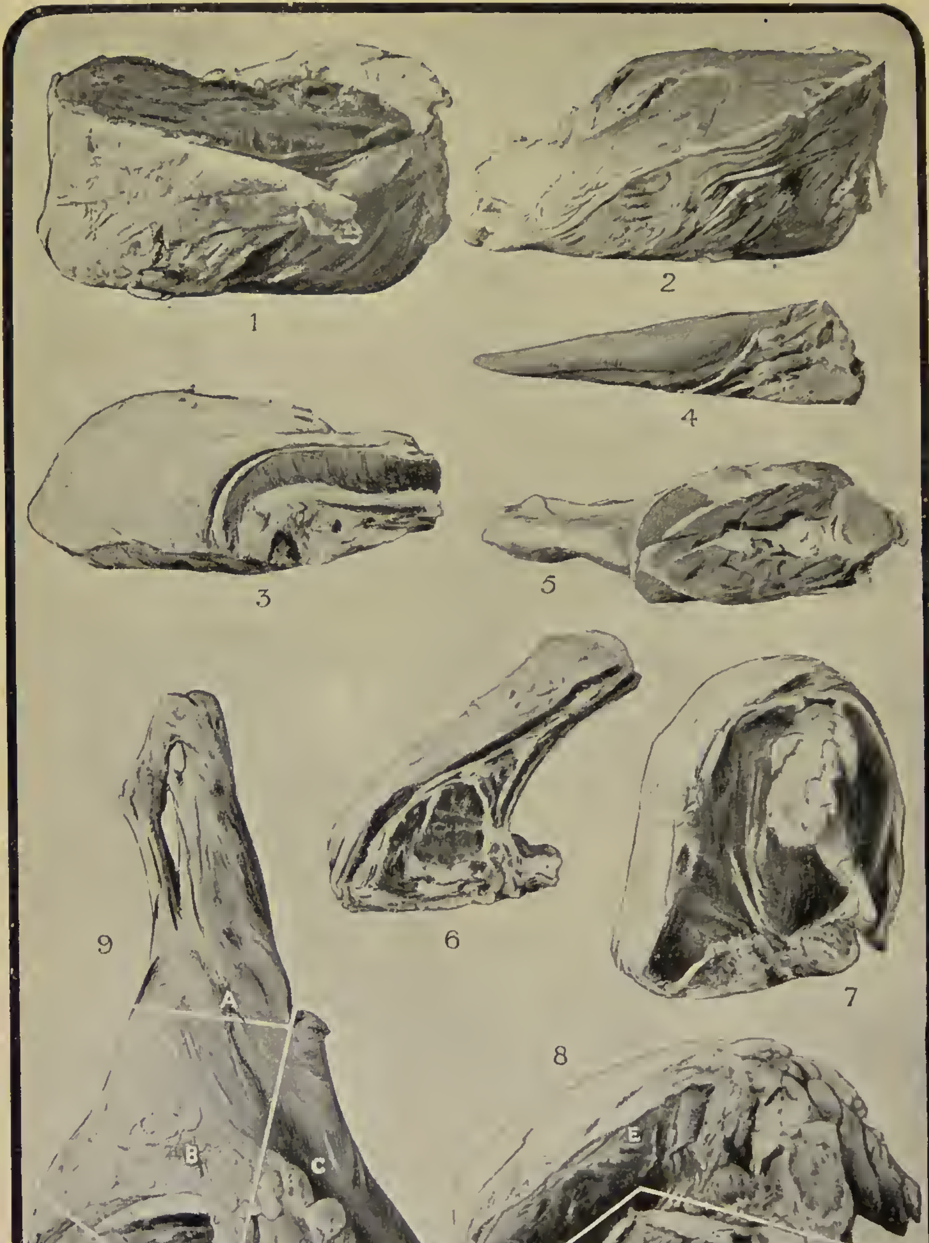
Many liquids boil at a lower temperature than water (212°) ; thus you may, with impunity, dip your finger in boiling spirits of wine ; you would take it very quickly from boiling brandy ; still more rapidly from water ; whilst the effect of the most rapid immersion in boiling oil need not be mentioned. As a consequence of this, heated fluids act differently on the savoury bodies presented to them. A small ball of butter, thickly coated with egg and breadcrumbs, may be fried in hot fat or oil and retain its form, but if dropped into a stew pan of boiling water it would quickly melt, and mingle with it, because the water would not be hot enough to immediately coagulate the albumen of the egg, and thus imprison the butter and effectually exclude the water. Fat may be heated to a much higher temperature than is necessary for ordinary frying purposes. Anyone experienced can tell exactly by the appearance of the fat, and by the amount of blue smoke arising from it, when the requisite degree of heat is reached. This, of course, varies considerably ; such things as rissoles and fish cakes, made principally of cooked materials, need simply browning and heating through, and consequently may be cooked in very hot fat. But such a preparation as cheese fritters or raw substances like fillets of fish must be fried in fat at lower temperature to allow the material to be fully cooked before the surface becomes too brown. The heat of the fat may be tested by frying a piece of bread : if it turns brown immediately the temperature is suitable for such things as need browning and reheating, and for potatoes which require a high degree of heat, owing to the large proportion of water contained in them ; but for raw

KITCHEN UTENSILS. No. 5.



Mayonnaise Mixer, Mincer, Asparagus Dish, Masher and Strainer, Egg Boiler, Table Hot Plate, Hot Water Dish, Gas Grilling Stove, Cream Freezer.

MARKETING GUIDE; No. 1. BEEF.



1. Round. 2. Aitchbone. 3. Brisket. 4. Tongue. 5. Leg. 6. Ribs. 7. Sirloin. 8. Buttock: E. Topside or Buttock; F. Silverside or Round. 9. Hind-quarter: A. Leg, B. Buttock, C. Thick Flank, D. Aitchbone.

materials the fat is sufficiently hot when the bread at once hardens, and acquires a pale golden-brown colour. It should, however, be remembered that the introduction of any cold substance immediately lowers the temperature of the fat; so much so, that after a few minutes the heat under the stewpan may safely be increased. Only a small quantity of anything should be fried at one time, and the fat must be heated to a proper temperature before frying a second lot. There are two distinct methods of frying, known respectively as deep or wet frying, and dry frying.

Deep Frying.—In this process the materials fried must be completely covered by hot fat. An iron or steel stewpan or saucepan may be used; and for such things as rissoles, croquettes, lobster cutlets, fish cakes, etc., a wire basket or wire drainer is necessary; fillets of fish are generally dropped into the hot fat from the fingers, and taken out on a fish slice. Everything fried should be transferred from the fat to a sheet of clean paper and thoroughly drained before serving.

Dry Frying.—Meat fried in a shallow pan with a comparatively small quantity of fat may be rendered hard and indigestible by this process if the mistake be made of putting the meat into a cold frying-pan, or into the fat before it is hot enough to coagulate the albumen on its surface. Fillets of beef and veal and mutton and veal cutlets are generally cooked in this manner, and with a protective covering of egg and breadcrumbs they may be subjected to intense heat without hardening their fibres to an injurious extent. The side to be dished upwards should be fried first, because the side cooked first invariably presents a better appearance. The frying should be done rapidly, and the frying-pan frequently shaken to prevent the contents sticking and burning to the bottom of it.

Frying-Fat.—For all ordinary purposes clarified fat may be recommended. It is made from beef and mutton suet, cut into small pieces, and simmered in a little water until all the fat is extracted, and then strained. Two lbs. of fat are obtained from 3 lbs. of suet; unless the suet can be bought cheaply, it may be a little more expensive than lard. Oil is excellent for frying purposes, but it requires more careful handling than the fats, for unless heated gently over a slow fire, it has a tendency to rise quickly and boil over. Lard sometimes imparts an unpleasant flavour, but the chief objection to its use is the fatty odour which lingers long after the lard has cooled. Frying-fat after being used should, WHEN COOL, be strained. The fat may be used over and over again until it becomes discoloured, and discolouration may in some measure be prevented by occasionally boiling the fat in plenty of water for ½ an hour. When slightly cool, both fat and water should be poured into a basin; and as soon as the cake of fat is firm all the impurities should be scraped off the bottom, and the fat melted again to evaporate every particle of water.

Grilling or Broiling.—Grilling, or broiling, as it is sometimes termed, is the most perfect way of cooking chops and steaks. A sharp clear fire is necessary in order that the outside may be quickly hardened, and thus prevent the escape of the juices of the meat. Grilling may be done either over the fire or before it on a gridiron contrived for the purpose. Any ordinary gridiron may be used for cooking over the fire ; before being used it should be heated, and its bars well rubbed with paper, and afterwards with a little fat or suet. Whatever is being grilled must be repeatedly turned, by means of steak-tongs, or failing these, a fork put into the fat of the meat, for if the lean be pierced the juices will escape through the holes thus made. This cooking process is suited only to small portions of meat, or kidneys, bones, fish, mushrooms, tomatoes, etc.

General Rules for Cooking Meat.—(1) One general rule is that meat should never be washed, but there are at least three exceptions to the rule, viz. :—

(a) When using diluted vinegar or charcoal to remove the taint of putrefaction.

(b) When meat has been over-salted, and it is necessary to extract the excess of salt.

(c) Hearts and liver before they are cut into slices ; the surface of both being protected by membranes, immersion in cold water does not deprive them of their nutritive juice.

(2) In roasting and baking an intense heat must be applied to all kinds of meat for 10 or 15 minutes, and the temperature afterwards considerably reduced.

(3) In boiling, fresh meat should be put into boiling water, boiled rapidly for 10 minutes, and then cold liquid added to reduce the temperature. Immersion in boiling water hardens the fibres of salt meat, therefore it should be put into warm water, or when too salt, it may be placed in cold water, which will extract some of the salt, and also a considerable quantity of the juices of the meat.

(4) In stewing, the process must be long, slow, and continuous, the escape of steam being prevented by a close-fitting lid, and, if necessary, by intervening layers of greased paper.

(5) In frying, a blue smoke must arise from the fat before it is hot enough to fry even things which require a comparatively low temperature. Cold things to be fried must be added to the fat gradually, to avoid reducing the temperature too suddenly. The fat must always be re-heated to a proper temperature before putting in a second set of things to be fried.

Choosing Meat.—Every housekeeper ought to know how to choose a good piece of meat in the butcher's shop, and how to detect a bad piece sent to her kitchen. It is almost needless to say that the first necessity is that the meat should be wholesome. It may be unwholesome from a variety of causes. It may be infested with parasites, and this condition is known to be without doubt most injurious to the consumer. The chief, indeed, the only safeguard against this danger lies in the thorough cooking of the meat, every part of which should be raised to the temperature of boiling water, 212° F. This applies particularly to all the visceral organs, where these are eaten, for it is in these parts of the animal that parasites are most often found. Even if the animal be killed in a healthy condition, the meat may become unwholesome by putrefaction.

To Choose Good Meat it is necessary to see that it possesses the following qualifications :—

(1) It should have a marbled appearance, from the ramifications of little veins of fat among the muscles ; this is specially characteristic of beef. Meat may be wholesome, yet not fat, as we shall explain later, but a sickly animal never fattens.

(2) It should be firm and elastic to the touch, and should scarcely moisten the fingers, bad meat being wet, sodden, and flabby, with the fat looking like wet jelly or parchment.

(3) It should be neither of a pale pink colour nor a deep purple tint ; the former is a sign of disease, the latter indicates that the animal has not been slaughtered, but has died with the blood in it, or has suffered from acute fever. In this case the inside fat surrounding the kidneys and the liver is often suffused with blood, showing plainly that there has been inflammation of those organs.

(4) It should have little or no odour, and the odour should not be disagreeable, for diseased meat has a sickly, cadaverous smell, and sometimes a smell of physic. This is easily discovered when the meat is cut up finely and put into warm water.

(5) It should not shrink or waste much in cooking, though this depends partly on the mode of cooking, as, for instance, roast meat wastes more than baked, and some joints more than others. Badly fed meat, such as pork fed on nuts and offal instead of meal, wastes much in cooking.

(6) It should not run to water or become very wet on standing for a day or two, but should, on the contrary, be dry upon the surface. Meat, however, that has been frozen is always damp on the surface, although the quality may be excellent.

Joints should be hung up, not laid on a dish or plate. They should be wiped, and it is a good plan to dust them over with flour, or flour and pepper. If placed in a draught, meat will keep for a longer time. The kernel, often seen in the fat of the round or silverside, and the marrow from the backbone, should always be removed, as it taints before the joint itself. Meat from a sickly animal, or from one that has been over-driven or bruised, does not keep well. Old meat keeps better than young.

Tainted Meat.—If meat is clammy or musty from being kept, it should be washed in water containing vinegar or some such non-poisonous disinfectant as permanganate of potash. Powdered borax dissolved in water is the best to use. Another plan is to powder the joint with charcoal, and then wash it. In any case, it should be roasted, not boiled or stewed, if the meat is really tainted enough to give it a flavour. It is much better to half-roast or parboil a joint a day or two before it is eaten than to hang it too long, for it is really not hurt by so doing if it is put down to a very hot fire.

Inferior Meat.—Meat may be quite wholesome and yet may be of inferior quality. Ordinary purchasers do not understand this in theory, though they are accustomed to it in practice. An ox that had worked at the plough would be hard and somewhat strong-flavoured ; but suitably cooked it would be unobjectionable from a hygienic point of view. Cow-beef is habitually sold in the markets, and the poor gladly buy it at a low price. Even in the best quarters of the town, superior meat hangs side by side with the second quality. Not enough comes to town of the best short-horned beef, or of Southdown mutton to supply one-tenth of the customers, and in all market-lists the prices at per stone vary according to the breed and the quality. It answers the grazier's purpose to take a lower price per stone for an animal that arrives quickly at maturity, and attains to the greatest weight on a given amount of food.

As a rule, the larger the animal the coarser the flesh. This is markedly true of different varieties of the same species. In providing for a large number of persons, where quantity and cheapness are of more importance than first-rate quality, joints of large, full-flavoured beef and mutton are by far the most advantageous to buy, and for strong soup, stews with vegetables, and such dishes, there is no reason for choosing the most delicate meat.

Fat Meat.—As regards fat, that can be bought more cheaply than on a joint of meat, and many persons object to eat much fat. But it is always risky to buy any part of an unusually lean animal, in case its condition should be due to disease. It is better to buy a lean joint off a fat beast, or to cut off the fat before cooking the meat, as it can be clarified and used for deep frying, plain cakes, pastry, etc. Again, if economy is an object, it is well to buy a cheap part of a first-rate animal rather than a prime joint off an inferior beast. The fore-quarter costs less than the hind ; and in a bullock it is easy to get a solid lump of meat from the fore-quarter with little or no bone ; of course, if a joint is cheap because it is bony, there is no economy in buying it.

Nutritive Value of Salted Meat.—Every housewife knows that dry salt in contact with fresh meat gradually becomes fluid brine. The application of salt causes the fibres of meat to contract, and the juice to flow out from its pores ; as much as one-third of the juice of the meat is often forced out in this manner. As this juice is pure extract of meat, containing albumen, osmasome, and other valuable principles, it follows that meat, which has been preserved by the action of salt, cannot have the nutritive properties of fresh meat.

BEEF.

The quality of beef depends partly upon race, but also upon age, sex, and feeding. Grass-fed beef is esteemed as superior to that of winter-fed animals fattened upon turnips, oil-cake, and other artificial foods. The best beef is red in colour, and marbled and mottled with fat finely intermingled with the lean. The hind-quarters of cattle are superior to the fore-quarters, and, in fact, necks, shoulders, and "crops" of beef are never seen on the best tables, but are sold by contract to shippers, etc., at a low price. The hind-quarters contain the ribs, the sirloins, the rumps, the buttocks, and the "rounds." The flank is rolled and used for "corned beef." Beef is highly popular with Englishmen, and is preferred to mutton. It is, however, less easy of digestion, and seems naturally to require mustard or horseradish as condiments, which are not needed with mutton.

Buying Beef.—Beef should not be eaten if it is in the least high. In dry weather it will keep some days ; but it very soon spoils in damp weather, even if the thermometer is low. At such times joints of meat may often be bought very cheaply, especially in the large markets on Saturday nights. The meat may be quite good at the time it is sold, but it would not be in twenty-four or thirty-six hours. And thrifty housekeepers, having more time than money at disposal, in this way do their marketing to great advantage. It is not wise at such times—perhaps not at any time when economy is studied—to go out with a fixed idea of the joint that is to be bought. A general idea of the relative value of each joint, of its usual price, and its average proportion of bone and fat, is all that is wanted. The prices of meat, and of all perishable articles, are only fixed so long as the circumstances which determine them are fixed, and when there is a glut in the market of anything that cannot be held back, it is sure to be sold for whatever it will fetch.

Foreign Beef is now imported in large quantities, and although it is not, generally speaking, considered so good in flavour or quality as English meat, is nevertheless excellent, and can be usually obtained at a lower price. The best parts only used to be sent to this country, but owing to the great improvement in the means of transport and methods for preserving the meat, carcasses frozen, chilled or refrigerated, arrive in excellent condition, and are cut up and sold in the same manner as English beef, and usually at a lower rate, thus placing good meat within the reach of all classes. The chief supplies are from the United States, Australia, and Argentina. Argentine beef is not considered to be so good as that from the United States, but is considerably less in price. Large quantities of live cattle are now brought over, especially from Argentina, to England, and are slaughtered for the market.

The Manner in which a Side of Beef is generally cut up is shown in the accompanying illustration. The meat on those parts of the animal in which the muscles are least called into action is most tender and succulent; as, for instance, along the back, from the rump to the hinder part of the shoulder ; whilst the limbs, shoulder, and neck are the toughest, driest, and least esteemed.

The names of the several joints are as follows, and the way in which they are generally cooked is described :—

(1) **Sirloin.**—Two sirloins together correspond to saddle of mutton, and are known as a baron of beef. The sirloin is almost invariably roasted, and is the best joint for that purpose. Some of the kidney suet is always taken away, and some persons cook the under-cut or roll separately, instead of roasting it with the sirloin. The under-cut is better than any other part for entrées, such as grenadines, olives, fillets of beef, etc.

(2) **Rump.**—Broiling steaks should be cut from here. Also roasted. A first-rate joint for any purpose.

(3) **Aitchbone.**—Often salted and boiled.

(4) **Buttock.**—A large lump of solid meat without much fat. It is best when boiled or stewed.

(5) **Topside.**—The top part of buttock, cut into steaks and joints for roasting.

(6) **Silverside.**—The bottom part of buttock, generally salted and boiled.

(7) **Thick Flank.**—Coarser in fibre than some parts, but well flavoured, and generally tender. No bone and little fat, and sold at a reasonable price, so that it is one of the most economical parts to buy, whether for pies, puddings, or roast; also for steaks.

(8) **Thin Flank.**—May be used for stews, but is rather fat. Is always low-priced. Perhaps the best way to use it is to salt or pickle it, and eat it cold, when it is a very economical joint.

(9) **Leg.**—Only purchased for soup meat, or for slow stewing.

(10) **Fore Rib.**—The six ribs nearest the sirloin are the best. The best end of the ribs, or wing rib, has a strip of yellow gristle running about an inch from the outer skin, and is always to be preferred. The gristle should always be cut out before it comes to table. It is generally thought more economical to have the bones taken out and the meat rolled round; the bones then serve for soup. This applies, of course, to the last three or four ribs, not the wing ribs.

(11) **Middle Rib.**—Almost always roasted. It is from this part that the top and back ribs are obtained.

(12) **Chuck Rib.**—Cut into steaks, etc., mainly for stewing or puddings. The bladebone steak is also cut from here.

(13) **Leg of Mutton Piece.**—Really part of chuck rib. Solid meat with little fat. The best for pies and puddings, as it is full of gravy. Good steaks are cut from it, and it is very economical to roast.

(14) **Brisket, or Breast.**—Sold at a low price for stewing or salting.

(15) **Clod.**—Part of this is often sent if soup meat is ordered. If it is not fat, it makes good pies and puddings, but the meat should be stewed first. It is also suitable for an economical stew.

(16) **Neck.**—Used in the same way as the clod.

(17) **Shin.**—For soups, gravies, and cheap stews.

(18) **Ox Cheek.**—This is too bony to be a very cheap joint, although it is sold at a low price, and can be made very palatable by slow stewing, or is good for soup. The brains, well soaked, and boiled or fried, make a good dish.

Beside these joints, the following parts of the ox are sold for food:—

(19) **Cow-heel.**—The feet are boiled and neats-foot oil extracted. These are sold by butchers with the skin on, and are cooked and sold by tripe-dressers or used for soup. They make as good jelly as calves' feet, and what remains of them is very good eating. They can be used for soup in the same way as calves' head.

(20) **Ox-tail.**—For soups and stews.

(21) **Heart.**—Generally roasted. Economical, but very indigestible.

(22) **Tongue.**—Can be bought fresh or salted. Is considered a delicacy. Usually boiled and eaten cold, but also stewed as an entrée.

(23) **Liver.**—Very nutritious and very cheap, but coarse flavoured.

(24) **Lights, or Lungs.**—Sold for cats' and dogs' food.

(25) **Kidneys.**—For puddings, pies, or stewing. They are cheaper and less delicate than the kidneys of sheep, and are difficult of digestion. Kidneys need thorough but light cooking, for if they are exposed to a high temperature they dry up and become tasteless and horny.

(26) **Tripe.**—Sold partially cleaned by the tripe-dressers. It is said to be the most digestible of meats, and specially suited for invalids, although rather fat. Sometimes served as an entrée. It consists of the paunch or ruminant stomach of the ox.

(27) **Sweetbread.**—Coarser in texture than that of the calf, needing long and careful cooking.

(28) **Suet.**—The inside fat. That which surrounds the kidneys is the firmest and best for all purposes, especially for puddings.

(29) **Spleen, or Milt** of bullock, is sold for food. It is generally stuffed and roasted, or stewed, or boiled for stock.

It is not possible to lay down any exact rule as to the relative cheapness of each joint of meat. The joint itself varies, the prices vary, the tastes of eaters vary, perhaps, most of all. But, by way of a rough calculation, the following may be offered :—

Rumpsteak, beefsteak, and bullock's liver are all three without any bone. Spend one shilling, and you will get 2 lbs. of liver, 1 lb. of beefsteak, or 12 oz. of rumpsteak. Of shin of beef cut without a bone, a shilling buys 1½ lb., and of the solid roasting joint, cut from the shoulder, about 1 lb. 3 oz. Among these are the cheapest of animal food. The shin of beef is only capable of satisfactory results in the hands of a good and patient cook. Ribs of beef cost a little less than beefsteak per lb., but then there are 2 oz. or 3 oz. of bone in each shilling's worth, besides a quantity of fat. The shoulder costs less than the ribs, and has no bone.

VEAL.

Veal is, by many, considered both unwholesome and indigestible. The practice, now illegal, of bleeding calves before killing them, until they were actually in a state of disease, had probably some effect in producing a general belief in the unwholesomeness of veal. The flesh of the immature animal is less easily digested because its fibres offer greater resistance to the digestive agents. When its fibres are reduced to a fine state of division by the various processes of mastication, mincing, pounding, and sieving, veal is easily digested. Weight for weight, it contains less nourishment than beef, in consequence of having in its composition a higher percentage of water (78 in 100 parts, as compared with 72 per cent. in beef), and a corresponding decrease in the proportion of proteids and fats.

To Choose Veal.—The whiteness of veal is considered a sign of good quality, and animals were bled to make their flesh white. On the Continent calves are killed much younger than is customary in this country, and they are fed on milk and white food, but no feeding will make every calf equally white fleshed. As immature meat keeps badly at all times, it is of importance that the calf should not be bruised in bringing it to market. The fat should be plentiful and very white, especially that surrounding the kidney, which in all animals affords a good indication of quality.

Very young veal is constantly brought to table on the Continent, but no calf may be killed for food less than 14 days old. The flesh is in the higher state of perfection when the calf is 8 or 9 weeks old; after 12 weeks it becomes coarse in texture.

Veal is most plentiful from February to the end of July.

MUTTON.

Season for Mutton.—Mutton is in season all the year round, different counties producing sheep for the market at various seasons; but just as beef is said to be in its prime when French beans are in, i.e., when the pastures are greenest and freshest, so mutton is in best condition when grass is plentiful, rather than when it is fattened entirely on roots and cake.

Mutton is often thought more digestible than beef, and is therefore prescribed for invalids, but a matter such as this must be decided by individual idiosyncrasy rather than rule. It is always thought to be less satisfying, and as it is impossible to buy a solid lump of boneless mutton, it is, no doubt, on that account also, less economical.

Manner of Cutting up.—Almost every large city has a particular manner of cutting up, or, as it is called, dressing the carcass. This process is very simple, and as butchers have found that much skewering back, doubling one part over another, or scoring the inner cuticle or fell, tends to spoil the meat and shorten the time it would otherwise keep, they avoid all such treatment. The sheep then is hung up and the carcass flayed (which operation is performed while yet warm). After separating the hind from the fore-quarters, with eleven ribs to the latter, the quarters are usually sub-divided in the manner shown in the illustration.

(1) **Leg.**—This is the most economical joint if it is sold, as is usual, at only one penny a pound more than the shoulder, for unless there is a considerable difference in price, it does not compensate for the greater proportion of bone in other joints. Legs can be bought of all weights, from about 5 lbs. to 6 lbs. Mutton steaks are cut from the leg.

(2) **Loin.**—This is considered the best roasting joint. Two loins together make a saddle; rather a wasteful joint, because of the way it is carved. The upper part of the loin and leg together form a haunch. Chump chops are cut near the tail, where the proportion of bone is greater.

(3) **Chump end of Loin.**—Cut with the loins for a saddle, always roasted, or in chops for broiling.

(4) **Best end of the Neck.**—Roasting, boiling, or for mutton cutlets. Small mutton is best for cutlets.

(5) **Scrag end of the Neck.**—Broth, stews, or boiling. A low-priced joint, not very fat, but very bony and wasteful.

(6 and 8) **Shoulder.**—Often sold divided for roasting. It is not so economical as the leg, and is fatter.

(7) **Breast.**—Often sold at a cheap rate for stewing or boiling. Too fat for many persons, but often economical.

Besides these joints, the following parts of the sheep are sold for food :—

(9) **Head.**—Sometimes sold with the "pluck," but more often alone. Can be boiled, and made into most excellent broth or braised, and is usually an economical dish, but its price varies very greatly.

(10) **Heart.**—Sometimes sold separately, and sometimes with the rest of the "pluck," consisting of liver, lights, and heart. Sheep's liver can be fried or made into soup. The heart is best roasted. The whole of the "pluck" is frequently eaten. In Scotland it is made into "haggis." Probably the cheapest form of butcher's meat.

(11) **Kidneys.**—Broiled or stewed. A very common breakfast dish. The kidney is often sold with the loin.

(12) **Feet,** or "trotters," as they are generally called, are cleaned and boiled and retailed at a halfpenny and a penny each.

(13) **Mutton Suet** is better than beef for frying, because it is less likely to burn, but it is not so good for puddings.

LAMB.

Lamb is to be had in London from Christmas until late autumn. It is dear and scarce from January to March, gets cheaper through the summer months, from Easter to July or August ; and late in the season, as far on as October, lamb is still sent southwards from Scotland. A good deal of lamb is now imported from New Zealand, and is slightly cheaper than the home grown. The brand known as "Canterbury" is the best.

All young meat is less nourishing, and is said to be less digestible than that which is full-grown ; but lamb has a better reputation in this respect than veal.

Lamb should not be in the least high ; and if, therefore, it has to be kept, it should be partly cooked, such being the most certain way to preserve it from taint.

Mode of Cutting up Lamb.—Lamb, when large, is cut into the same joints as mutton ; when small, it is sold in quarters ; the leg and loin to the hind, and the shoulder, breast, and neck to the fore-quarter.

Lamb's sweetbreads are considered a delicacy, and are expensive. Lamb's fry consists of the liver, sweetbread, some of the inside fat or "leaf," and the heart.

Lamb's kidney, lamb's head, and lamb's trotters are also eaten. The fore-quarter of lamb is, by many persons, preferred ; but the leg, here, as in mutton, is more economical.

PORK AND BACON.

To Choose Pork.—There is now far less necessity for care in the choice of the joint of pork, since well nigh the whole is of far better quality than a few years since. The fat of the best pork is white, the lean of a brownish hue, ingrained with fat ; the rind should be thin, and the bone fine but solid ; these last are generally accepted as sure indications of good quality of meat.

The usual joints of small fresh pork are the leg, the loin, which in turn is divided into fore—or, as it is sometimes called, the crop or spare-rib—and hind ; the hand, the spring, the belly, middle cut, and the head. The respective prices of these parts varies somewhat according to the season and the district. The heavy fat pig is cut up in various ways ; in the north of England, where large fat hogs are now mainly killed, the legs, shoulders, belly, and the fat, after the roasting parts are taken off, are generally salted lightly and then boiled ; the loin, spare-ribs, etc., are roasted whole, save when converted into so-called pork-chops, which are considered to be very rich and suitable only when the weather is very cold.

The Names of the Several Joints are as follows :—

(1) **Spare-rib.**—Generally roasted.

(2) **Hand.**—Usually slightly salted and boiled.

(3) **Fore-loin.** —For roasting.

(4) **Spring, or Belly.**—Generally salted and boiled.

(5) **Loin.**—The best roasting joint, but rather fat. Large chops are cut from it.

(6) **Leg.**—The most economical roasting joint in this as in most other animals. It is less fat than the fore-quarter.

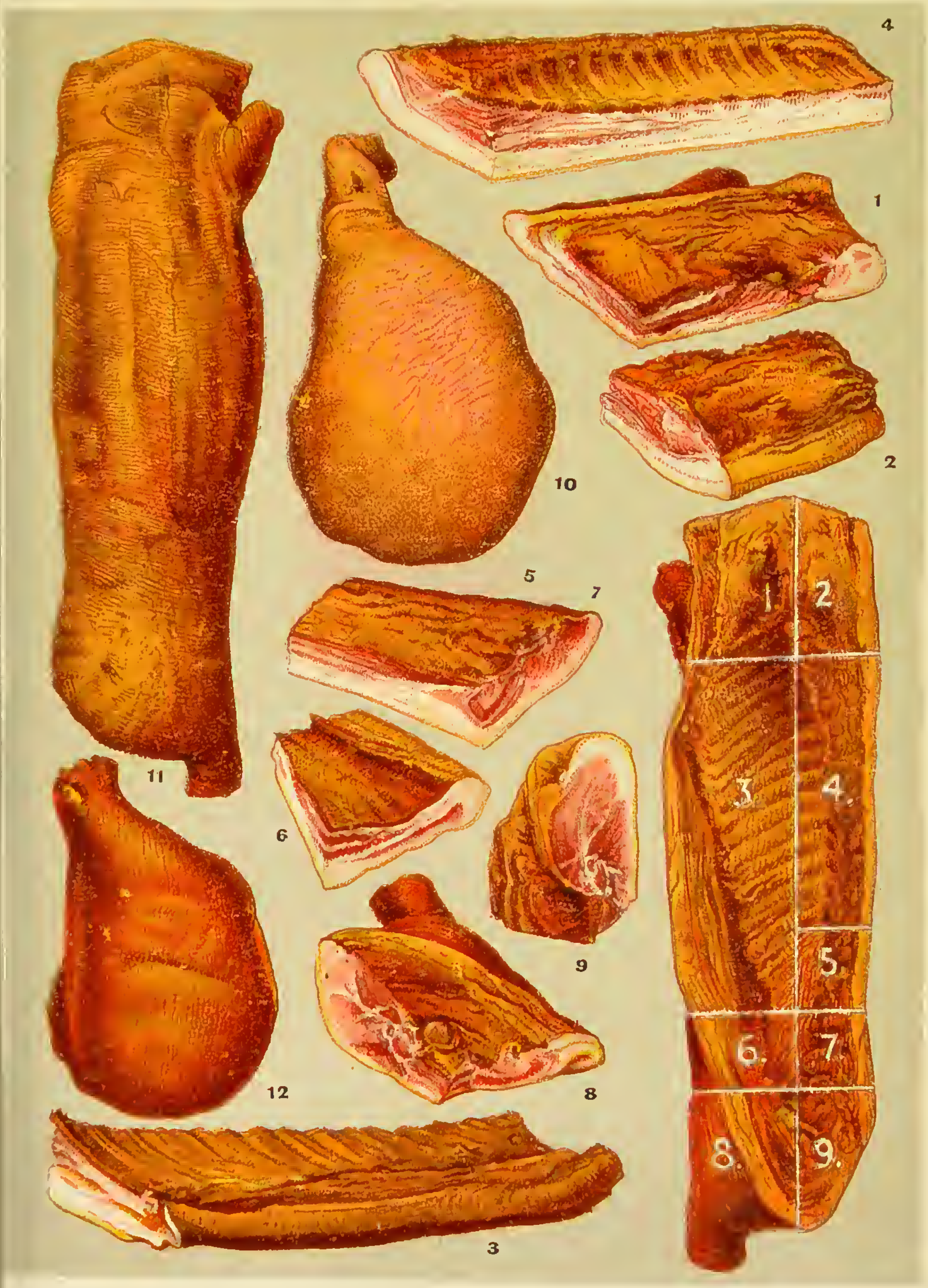
Besides these joints, the following parts of the pig are sold for food :—

(7) **Head**, also known in various parts of the country as "cheek," or "chopper." Weighs 5 lbs. to 6 lbs. and can often be bought very cheap. Is generally slightly salted and made into brawn. Can also be collared or boiled.

(8) **Feet, or Pettitoes.**—Generally boiled and served hot or cold. Not infrequently they are boned and stuffed.

(9) **Liver, Sweetbread,** and some of the inside fat are often sold together under the name of pig's fry.

(10) **Lard.**—Any part of the fat is melted down and sold in bladders, tubs, or by the pound, for pastry making, frying, etc. The lower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ACON AND HAM—Side of Bacon. 1 Forelock. 2 Collar. 3 Streaky. 4 Prime Back. 5 Small Back. Flank. 7 Long Back 8 Gammon. 9 Corner. 10 York Ham. 11 Side of Bacon. 12 Mild Cured Ham.

the heat at which it is melted, the smoother and less granulous it is. Occasionally it is said to be mixed with flour or starch. Much is imported annually from America. It has a lower melting point than beef or mutton fat, and—partly for that reason—is less suitable for frying than other fats. It is better adapted for making pastry.

Ham.—The sources of supply of the finest hams are now far more numerous than a few years since. There is also a great change in the size, form, and degree of fatness of the ham now desired. In place of the 20 to 40 lb. hams, by no means uncommon in the past, the highest priced ham is one of some 10 to 12 lbs.—a nice, plump long ham, fine in the skin and bone, fairly fat, and cut off a carcass of pork furnished by a pig which has not lived more than seven months. This kind of ham is delicate in flavour, short in texture, easily digested, and economical.

To Choose a Ham, select one fine in the bone, then run a skewer in close to the bone to the middle of the ham. If it comes out clean and smells sweet, it is good, but if it smells strong and has fat adhering to it, choose another. If the ham be cut, see that the fat is white and not streaked with yellow. All meat first goes bad near the bone. A ham may not be rancid, yet not of the best quality; it may be too salt or flavourless, owing to improper curing. Connoisseurs still prefer a ham which has been kept for some months, but the difficulty in obtaining them is far greater now than formerly; this is due to two causes, the vastly increased consumption of hams and the change in the system of curing.

There are various ways of keeping hams; the most common is to enclose them in brown paper and calico bags; others again place them in a box covered with malt combs or broad bran.

To Buy Bacon.—In choosing bacon, similar action can be taken, but as a rule the shoulder is the only part likely to be tainted. The enormously increased consumption of so-called breakfast bacon, for which the streaky—or that portion of the side extending from the shoulder to the hip, and about three-fourths of the depth of the side—is most in demand; consequently it realizes much the highest price per lb. Many economical persons now purchase the shoulder and cut it ham shape, so that it often does duty as a ham. It is not so fine in texture and has more bone, but it is certainly an economical joint. The following is a list of the parts into which a side of bacon is now generally cut.

	Weight about lbs.
Fore end	17
Middle	35
Gammon	14
Cut through side nearest the shoulder	12
Second cut	12
Third cut	12
Forehock	10
Thick streaky	9

	Weight about lbs.
Thin streaky	4½
Flank	3½
Three-quarter gammon	10
Corner of gammon	4
Long back	9
Back and ribs	9
Collar	7
Whole side	65

POULTRY.

To Choose Poultry.—When fresh, the eyes should be clear and not sunken, the feet limp and pliable. Stiff, dry feet being a sure indication that the bird has not been recently killed; and if the bird is plucked there should be no discoloration of the skin.

Fowls, when young, should have smooth legs and feet; the cock bird is young when it has smooth legs and short spurs, hens when young have smooth legs. The bones of all young birds are soft and gelatinous, and they always harden with age; the end of the breast-bone when young is soft and pliable; when otherwise, it may be accepted as sure evidence of the advanced age of the bird. The signs of an old fowl are its stiff, horny-looking feet, long spurs, dark-coloured and hairy thighs, stiff beak and bones. Game fowls, and those with dark-coloured legs, are better for roasting than for boiling. White fowls, such as Dorkings, are more suitable for boiling.

Turkeys.—Turkeys, when young, have short spurs and smooth, black legs; when the legs are pale, or reddish and rough, and the spurs long, these marks may be taken as sure indications of age. When freshly killed the eyes should be full and bright. Norfolk turkeys are considered the best; the cock-bird is usually selected for roasting, and the hen for boiling.

Geese and ducks, when young, have yellow feet and bills; as they grow old they become darker and reddish in colour. The feet of freshly killed geese and ducks are moist and soft, but, like those of fowls and turkeys, they become dry and stiff when they have been killed some time.

GAME.

To Keep Game.—All water birds should be eaten as fresh as possible, because their flesh is oily and soon becomes rank. Most game is kept until putrefaction has commenced, it being thought that the flavour is thereby developed. The time that it may be kept depends upon (1) the taste of the persons who are to eat it; (2) the weather; (3) the age of the bird. Taking all these together, it is impossible to lay down any precise rules. In damp, muggy weather, even if the thermometer is not very high, game will keep a very little time; but in clear, windy weather, even if it is not very cold, it will keep for many days. It should always be kept in the fur or feathers, and should not be drawn, and should be hung up in a current of air. It may sometimes be necessary to pluck, truss, and half cook it, in which state it will keep a day or two longer.

Old birds may always be kept longer than young ones, so that it is well, in case of having a good deal of game, to cook the old on one day and the young on another. Old birds also need longer cooking.

To Choose Game.—At the beginning of the season it is easy to distinguish between old and young, but towards the end of the year the distinctions become obliterated. Besides the smoothness of the claws and the small lip cleft of a young hare, the ear is tender and can be easily torn. This sign, however, is not infallible if the ear is torn by the poulterer, who, by long practice, can always tear it very readily. The short, stumpy neck and long joints of a young rabbit or hare are a better guide, and a small, bony knob can be felt near the foot of a leveret, which is absent in a full-grown hare. Partridges, at the beginning of the season, can always be distinguished by the shape of the long feathers in the wing; in an old bird they are round at the end, like the letter U; in a young one they are pointed, like a V.

The red-legged French partridges are rather larger and cheaper than the English, but they are not considered so good. The size of the spur, the smoothness of the legs, and the tenderness of the pinion are the best guides in choosing a pheasant; and, indeed, these always are the points to observe in all birds, so far as their age is concerned.

If they are in good condition the breast is thick and hard; if lean, the breast feels thin and soft. The feet generally tell if a bird is fresh. They should be supple and moist, especially in water birds, but they soon become stiff and dry after the bird is dead.

Game is less fat than poultry or butcher's meat, and is generally thought to be very nourishing. It is also easy of digestion, and is valued in the sick room as well as on the table of the epicure. This does not apply to wild fowl, which have close, firm, and rather oily flesh, and are, therefore, unsuitable for delicate persons.

A number of small birds do not, strictly speaking, come within the limits of either game, wildfowl, or poultry. They are eaten as articles of luxury to no great amount, and often replace game on the dinner table.

PRESERVED FOODS.

The Nutritive Value of Tinned Meat is less than that of fresh meat, and it is somewhat insipid, owing to the loss of the osmasome, which gives to meat its agreeable flavour. In consequence of this, and because when it is overcooked the fibres become tough, a comparatively small proportion may be digested and assimilated, and so it is less satisfying than an equal amount of fresh meat. Tinned goods of nearly every description are more or less cooked, the time varying from five minutes to an hour.

If any air remains when the tin is soldered, fermentation may ensue: a bulging tin indicates this condition. In all tinned foods there is a danger that small lumps of solder, used in sealing the tin, may fall inside, and be accidentally swallowed with the meat. In turning out a tin they should be looked for in the sediment at the bottom and removed.

Tinned Goods to be Stored in a Cool Place.—They can then be turned out easily and sliced more evenly. The larger end of the tin should be cut away, and a small hole made in the opposite end to admit air, which, by its pressure, enables the meat to slip out easily. Great care is needed in opening tinned game and poultry.

To Heat Tinned Meat, etc.—The tin containing meat, game, or poultry should be immersed in boiling water until its contents are sufficiently heated, then opened and emptied. Birds may be served whole, but they are better cut up and cooked gently in a good sauce, which should be highly seasoned and flavoured to counteract the insipidity which very often characterizes tinned foods. Birds intended to be served cold should be taken out of the tin very carefully, well-dried and glazed. Breasts and wings of tinned birds are, as a rule, quite tender, but the legs are usually hard and tough, and should be converted into rissoles or croquettes, and disposed of with as little delay as possible. Tinned foods of this description soon become unfit for use.

Tinned Fish.—Salmon, lobster, oysters, prawns, sardines, anchovies, herrings, and red mullet are the chief varieties of tinned fish. A good brand of the two first-named, if well drained, may be used as a substitute for fresh fish in many fish entrées and salads, thus materially reducing their cost. Tinned oysters should not be served "au naturel," but they answer very well for soup, sauce, and forcemeat. A good brand of prawns may be used for a curry.

Tinned and Bottled Soups.—Among the best may be mentioned —gravy, mock turtle, ox-tail, tomato, turtle, and other thick soups; the thin soups are less satisfactory. In an emergency tinned soups are invaluable, as they only require warming and a little additional flavouring and seasoning. Generally they may be diluted by rinsing out the tin or bottle with a small quantity of hot water.

Tinned or Bottled Vegetables are used extensively, and form an excellent substitute for fresh vegetables. To obtain satisfactory results, the method of warming should be adapted to the vegetable. A tin containing asparagus should be immersed in boiling water for about ten minutes and afterwards carefully opened, and its contents allowed to slide gently on to a drainer or a slice of toast. Peas, flageolets, lima beans, and haricots verts should be well rinsed and afterwards immersed in cold water for a short time, well drained, and cooked for a few minutes in boiling water. Salt to taste should be added; a little fresh mint and a good pinch of sugar will greatly improve the flavour of peas. A little butter and a good seasoning of salt and pepper should be added to spinach, while tomatoes should be well drained, heated and seasoned to taste. Vegetables are also preserved in bottles.

Tinned and Bottled Fruits of all kinds should be emptied into a glass or porcelain dish several hours before being served, and, when possible, chilled in a refrigerator. Unsweetened bottled fruit will be found an excellent substitute for fresh fruit.

VEGETABLES.

We will now treat of those vegetable foods that are eaten with, and to some extent supply, the deficiencies of meat.

Potato as Food.—No doubt much of its popularity is due to its cheapness, its good keeping power, and its unobtrusive flavour. Since the potato disease it has not always been as cheap as once it was, but it still remains one of the cheapest, if not the cheapest, of foods. We have cheap corn now, and if potatoes and corn were the same price per pound, corn would be the cheaper of the two. For potatoes are very watery. Three-quarters of the weight of every potato is water, and of the remaining quarter, half is starch, there being much less of flesh-forming material than in many other cheap foods. If a man had to live on potatoes alone, he must eat many pounds' weight daily in order to obtain flesh-formers enough to do even moderate work. The Irish, who do live on potatoes, add buttermilk to supply what is wanting, and even so consume immense quantities of vegetables. Potato, however, besides starch and water, contains much ash or salt, and is for that reason an excellent anti-scorbutic. It is a strange fact that many English people, from one week's end to another, eat no vegetable except potato, an exotic, acclimatised here at the cost of much pains and perseverance.

The potato belongs to the order Solanaceæ, to which also belong some of the deadliest poisons we possess, and also contains a poisonous principle known as solanine. Potatoes that have been frozen rapidly decompose, because, owing to the freezing of the water that they contain, the cells are burst and broken. They also deteriorate if they are allowed to sprout. Some or all of the starch is changed to dextrine, a gummy substance with a sweetish taste, which no longer assumes a mealy appearance on boiling as does a starchy potato. The waste in boiling is much less if the tubers are boiled in their skins, which are of a cork-like substance impervious to water. There is also considerable waste in peeling potatoes, owing to the fact that the least watery and most albuminous part of the tubers lies immediately under the skin. It is said that one-seventh of every potato is wasted by the common method of cooking.

Potato starch is largely used to adulterate other farinaceous preparations, as it is the cheapest form of starch. It is, however, stated that it turns watery sooner than other starches if allowed to stand after it is cooked.

Value of Vegetable Food.—If potatoes are watery, most of the roots and tubers are even more so. Out of every 100 lbs. of potatoes, 75 lbs. are water ; out of every 100 lbs. of carrots, 89 lbs. ; of turnips, 92 lbs. ; of the artichoke, 80 lbs. ; of onion, 91 lbs. ; of the 8 or 10 lbs. that remain, there is sometimes starch, sometimes an analogous substance known as inulin, and there are 1 or 2 lbs. of albuminoids. In all, too, there is a considerable amount of cellulose and woody fibre, both of which are indigestible. We must ascribe their chief value to the salts they contain and to the value of variety in food. They also introduce into the system some water, necessary for digestion and assimilation. It is much to be regretted that, by the manner of cooking vegetables that prevails in this country, a great part of these salts is dissolved in water and thrown away, only the vegetable itself being eaten. All vegetables are best when they are grown quickly, in which case they have less woody fibre. Sometimes light is excluded, for light leads to the development of chlorophyll, and also of the characteristic principle of the plant, which is often unpleasantly pungent and occasionally unwholesome.

Fresh Vegetables.—All green vegetables should be as fresh as possible. A large number of those sold in towns are plucked days before, full of sap, and stacked in heaps under circumstances the most favourable to fermentation, and sufficiently accounts for the unpleasant results often experienced after eating cabbages, etc., in such a state.

Dried Vegetables.—Many vegetables are now sold dried and compressed. Sliced carrots, turnips, cauliflowers, etc., suitable for julienne soups or stews, are often useful to the housewife when such vegetables are out of season and dear, and also when economy of time is necessary; but they are not as well flavoured as the fresh vegetable. Granulated potato, sold in packets, is a preparation that is useful in the same way. It only requires to have boiling water poured on it, and in ten minutes is ready to serve as mashed potato, or to be made into fritters, etc. Potatoes, like other vegetables, however, are now sliced, and "evaporated" or dried.

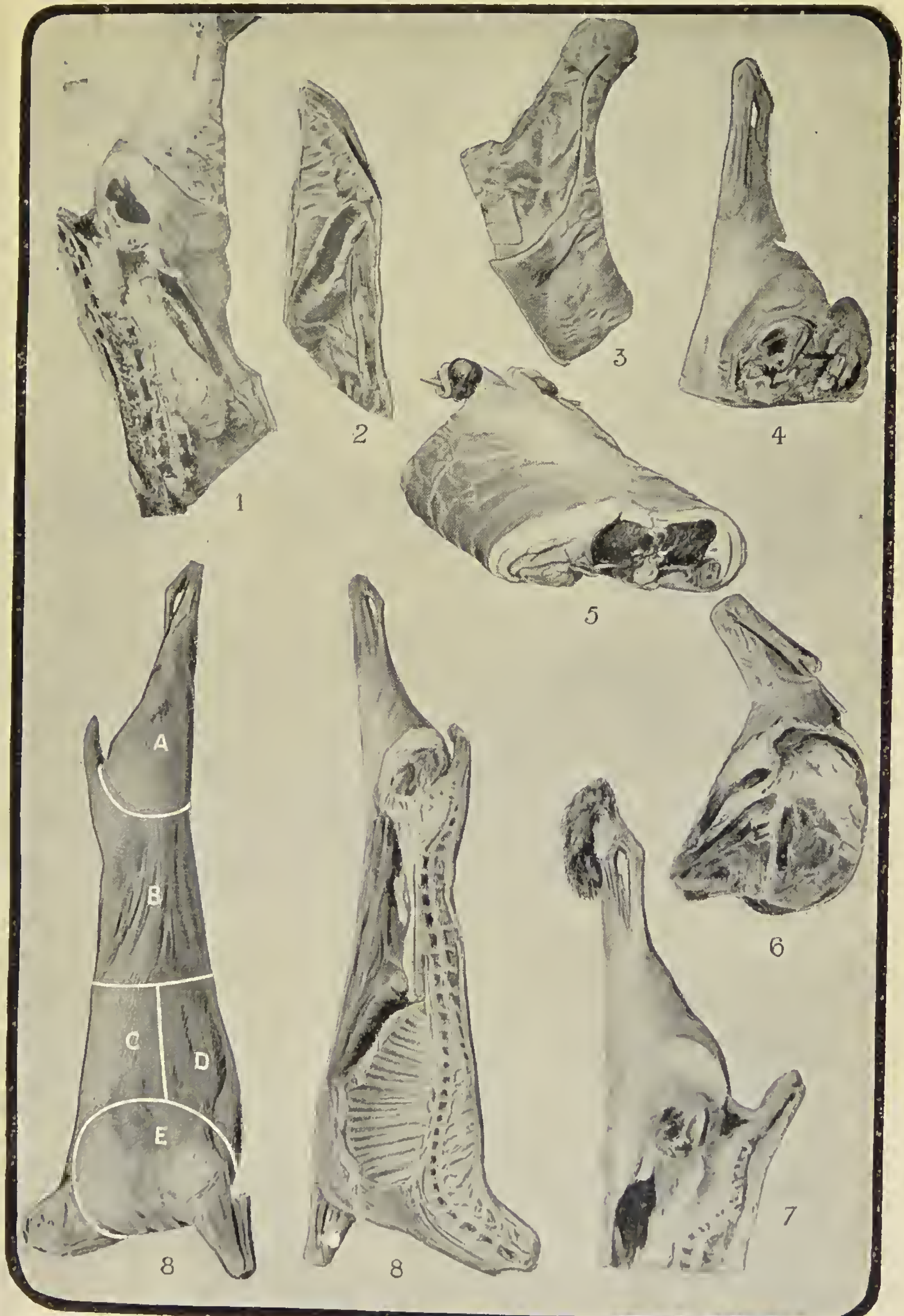
Pulses afford the most nourishing food that we know. Lentils, beans, and peas in point of nourishment stand in the order in which we have placed them, though very near together, lentils heading the list with 14 per cent. of water and 24 per cent. of casein. The well-known Revalenta Arabica contains lentil flour, generally mixed with barley or other meal and salt. But it is sold at many times the price of any of its ingredients. The celebrated sausage served out to the German troops during the war of 1870-71, was made of peas, bacon, and onions. Each one weighed a pound, and could be made into soup or eaten in sausage form. They are easily carried and kept, and contained the requisite proportions of the various kinds of food, but we are told that the men tired of it in a few days. It appears to be the fact that the pulses cannot be used as the flesh-forming food, and taken even in moderation they disagree with some persons. Generally, however, they are relished if so prepared that the tough skin is removed, and for this reason there is no way of cooking them more suitable than as purée soups, where they require for nourishment's sake no addition of meat, owing to the amount of albuminoid, which is far greater than in meat itself. They do require added fat. Green peas are more digestible, but less nourishing, than dried or even than full-grown peas, which require prolonged boiling to make them digestible. Bi-carbonate of soda, usually added to green vegetables to preserve the colour, at the same time softens the cellulose. Consequently it is a useful addition to old green peas, or to any of the dried pulses.

Many varieties of dried beans are sold, and all, considered as food, have much the same value. French beans are eaten in an unripe state, pod and young seeds together, in which state they more nearly approach to other green vegetables than to the dried pulses.

Lentils are of two kinds, the orange-coloured Egyptian and the browner German lentil. The former are cheaper, the latter better flavoured. Pea and lentil flour is often adulterated with other flour, which diminishes its food value.

Salads generally contain no flesh-forming or heat-giving material, but they are valuable because they introduce into the system large quantities of saline matter, which is generally removed from vegetables in the process of cooking. Their value in this way to the poorer inhabitants of our towns is scarcely to be over-rated. Sufficient care

MARKETING GUIDE: No. 2. MUTTON.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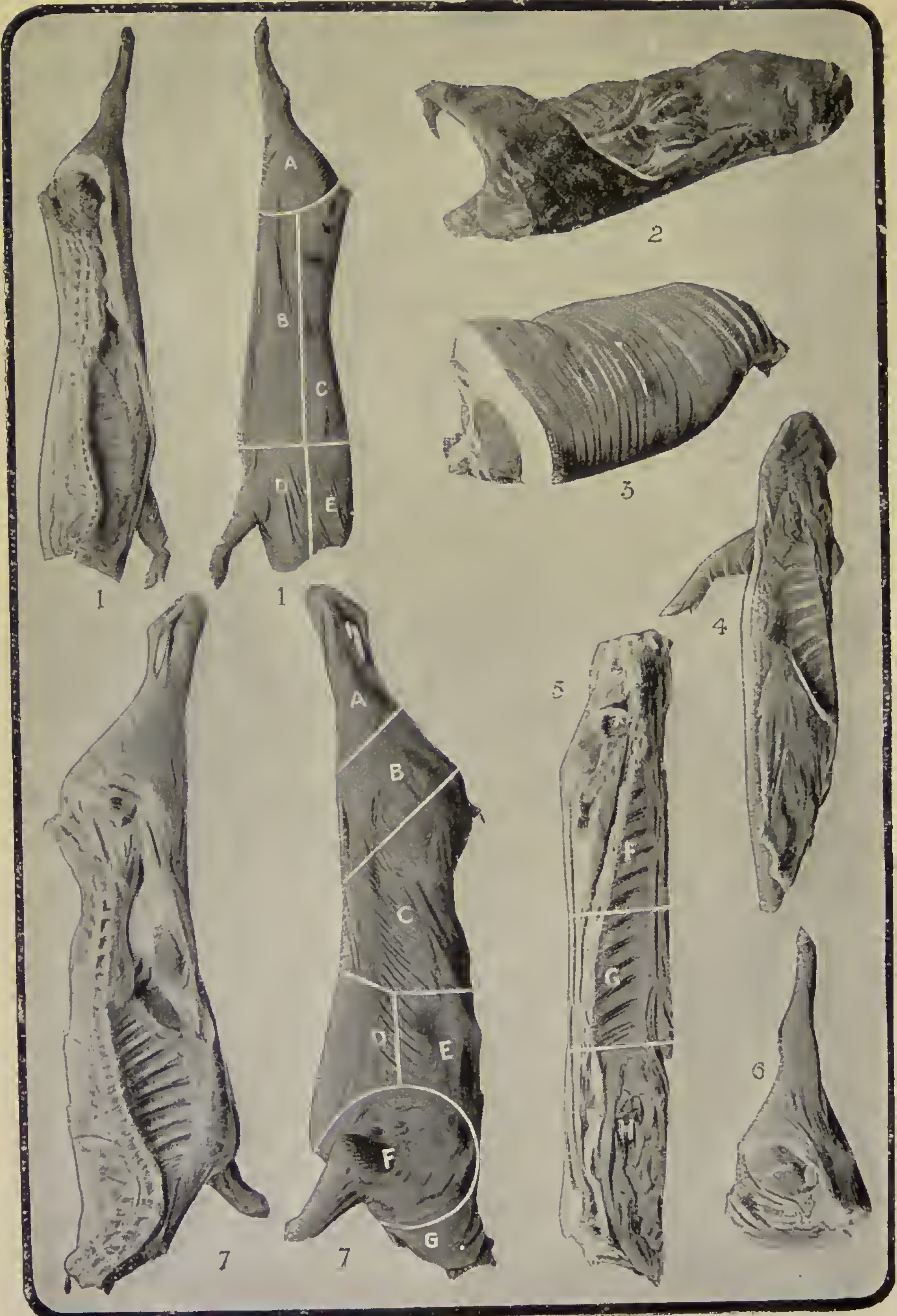
1. Hind-quarter. 2. Breast. 3. Neck. 4. Leg. 5. Saddle. 6. Shoulder. 7. Haunch. 8. Side: A. Leg, B. Loin, C. Best End of Neck, D. Breast, E. Shoulder, F. Scrag.

MARKETING GUIDE: No. 3. PORK & VEAL.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1. Side of Pork: A. Leg, B. Belly, C. Loin, D. Hand, E. Spare Rib. 3. Loin. 4. Hand and Spring, and Belly. 5. Loin (side view): F. Fore-end, G. Middle Loin, H. Hind Loin. 6. Leg. 2. Neck of Veal. 7. Side of Veal: A. Knuckle, B. Fillet, C. Loin, D. Breast, E. Best End of Neck, F. Shoulder, G. Scrag.

is not, however, always bestowed upon cleansing them, and there is no doubt that parasitic animals are sometimes introduced into the human body through such negligence. They need to be freshly gathered in order to be wholesome, although they may regain some of their crispness if the stalks are freshly cut and placed under water. Many salad plants contain some essential oil, to which their characteristic flavour and odour are due. Lettuce has, besides, a small quantity of mild narcotic, the effects of which may occasionally be observed.

Fungi are comparatively little used in this country, although they are plentiful and highly nutritious. Only three kinds are commonly considered as good for food, and of these only one can be said to be usually eaten. These are the mushroom; the morel; and the truffle. Mushrooms contain much nitrogen and also much fat, and they are less watery than most vegetables.

Lichens have not often been used as food. Iceland moss is used as a food for invalids, and is nourishing. It grows where nothing else will grow, on barren rocks in northern latitudes.

Seaweeds are occasionally employed as food in England. Irish moss, or carra green, is given in the form of soups and jellies to consumptive patients, and is also used commonly as a food in some places. In 100 lbs. of the moss there are only 19 lbs. of water and 9 lbs. of albuminoids, so that it is among the most nourishing vegetable foods we have. Laver, tangle, or red ware, and pulse, are also collected and eaten in pickle, or as a substitute for other boiled vegetables.

Boiling Vegetables.—The time vegetables take to boil depends on their age. Young vegetables with tender fibres will, as a rule, cook in about 20 minutes, whereas those fully matured, and consequently containing a relatively larger amount of fibrous substance, will average no less than 40 minutes. The colour of green vegetables may be preserved by adding a little soda to the water in which they are boiled. The discoloration is due to hard water holding in solution a certain amount of lime, which is destroyed by the addition of a little soda, thereby softening the water and preserving the colour of the vegetables. As soon as the vegetables are sufficiently cooked they should be removed from the saucepan and drained, otherwise they absorb water, lose some of their flavour, and become discoloured.

All vegetables should be put into boiling water, to which salt should be added in the proportion of 1 tablespoonful to 2 quarts of water. The salt greatly improves the flavour of the vegetables, and it also raises the boiling point of the water, thus tending to preserve their colour. Plenty of water should be used for green vegetables, and a little soda to soften the water and counteract the hardening effect of the salt. All vegetables must be kept boiling, but Jerusalem artichokes, vegetable marrows, and others of a similar character, must be boiled more gently than cabbage and other greens, otherwise they may break. As soon as the vegetables are sufficiently cooked the water should be drained from them, for some are liable to break, and one and all become watery when kept in the water after they are done.

They may, however, be covered with a cloth, and kept hot in a colander placed over an empty iron saucepan for a considerable time without injury.

Stewing Vegetables.—The long, slow process of stewing is not often applied to green vegetables, for it would destroy their colour, but celery, celeriac, salsify, and cardons are frequently stewed, the method being peculiarly adapted to them when old. Very little stock or water should be used, and the vessel containing these vegetables must be kept closely covered to prevent the escape of the steam, which helps to cook them.

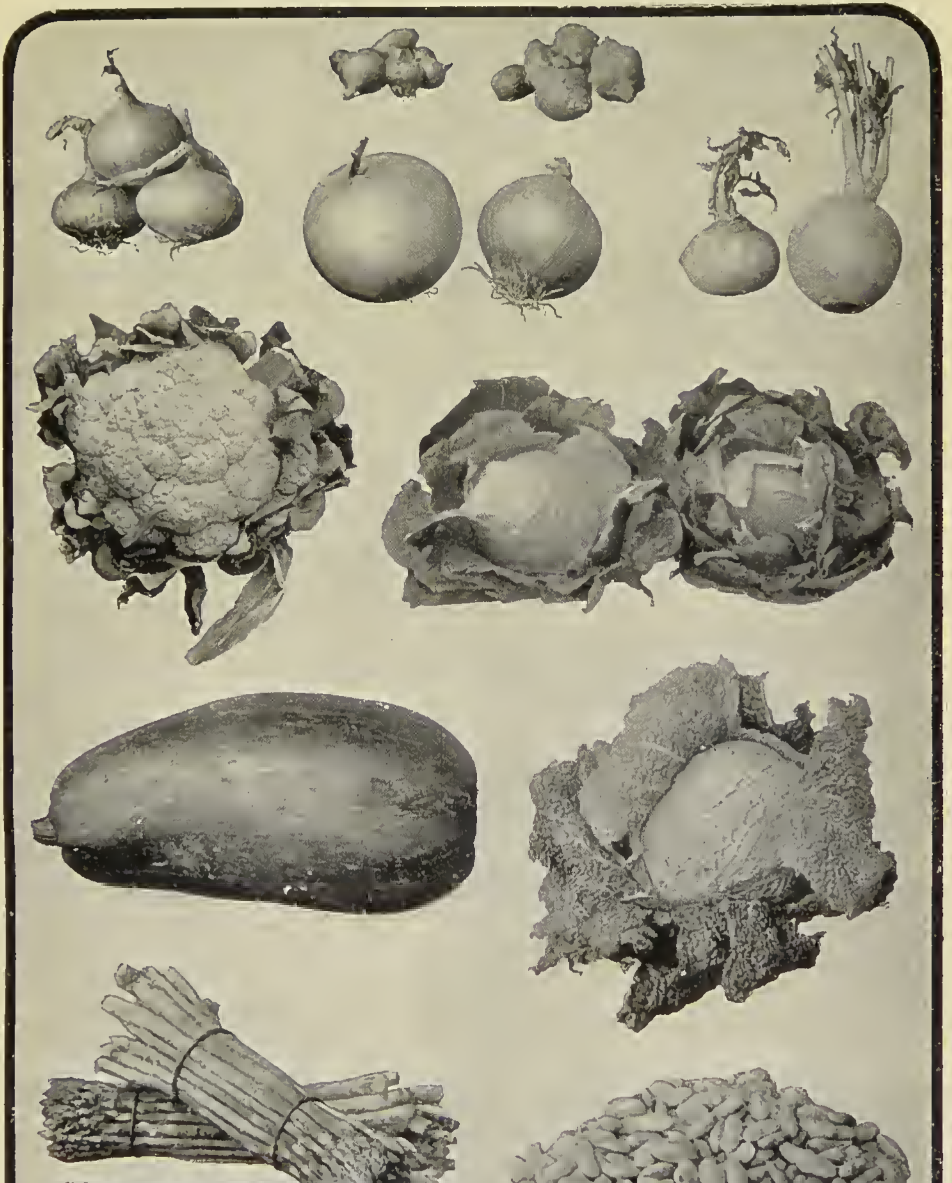
PASTRY.

Pastry Making.—The quality especially to be desired in pastry is lightness, and this depends almost entirely upon the amount of cold air in the pastry when expansion takes place in the oven. The best pastry is, therefore, that which contains the greatest quantity of the coldest air prior to baking. The repeated foldings and rollings to which puff paste is subjected have this increase of air in view; while in short crust the expansion is aided by adding baking-powder, or other acid and alkaline substances, which, when moistened, combine to form a constituent identical in its composition and effect with that of the atmospheric air to which puff paste entirely owes its lightness. The difference between puff, or flaky, and short crust is that in the former there are thin layers of air and pastry alternating, and in the latter the air fills small cavities all over the paste.

Puff Paste usually consists of flour and butter in equal proportions, but in short crust the proportions of fat and flour vary, and may be one-fourth for an economical paste, or three-fourths for a rich short crust. For ordinary purposes ½ a lb. of butter or fat to each lb. of flour, will, with the addition of a good teaspoonful of baking-powder, make a sufficiently rich crust. Fine starchy flour makes the lightest pastry, the larger proportion of gluten in household flour—although exceedingly valuable from a dietetic point of view—tends to make pastry tough. Flour should always be stored in a cool, perfectly dry place. By sieving it before use, air is introduced, and if there are any lumps these may be rubbed out, with the result that the pastry will be lighter. When baking-powder is used it should be sieved with the flour, as this ensures its even distribution.

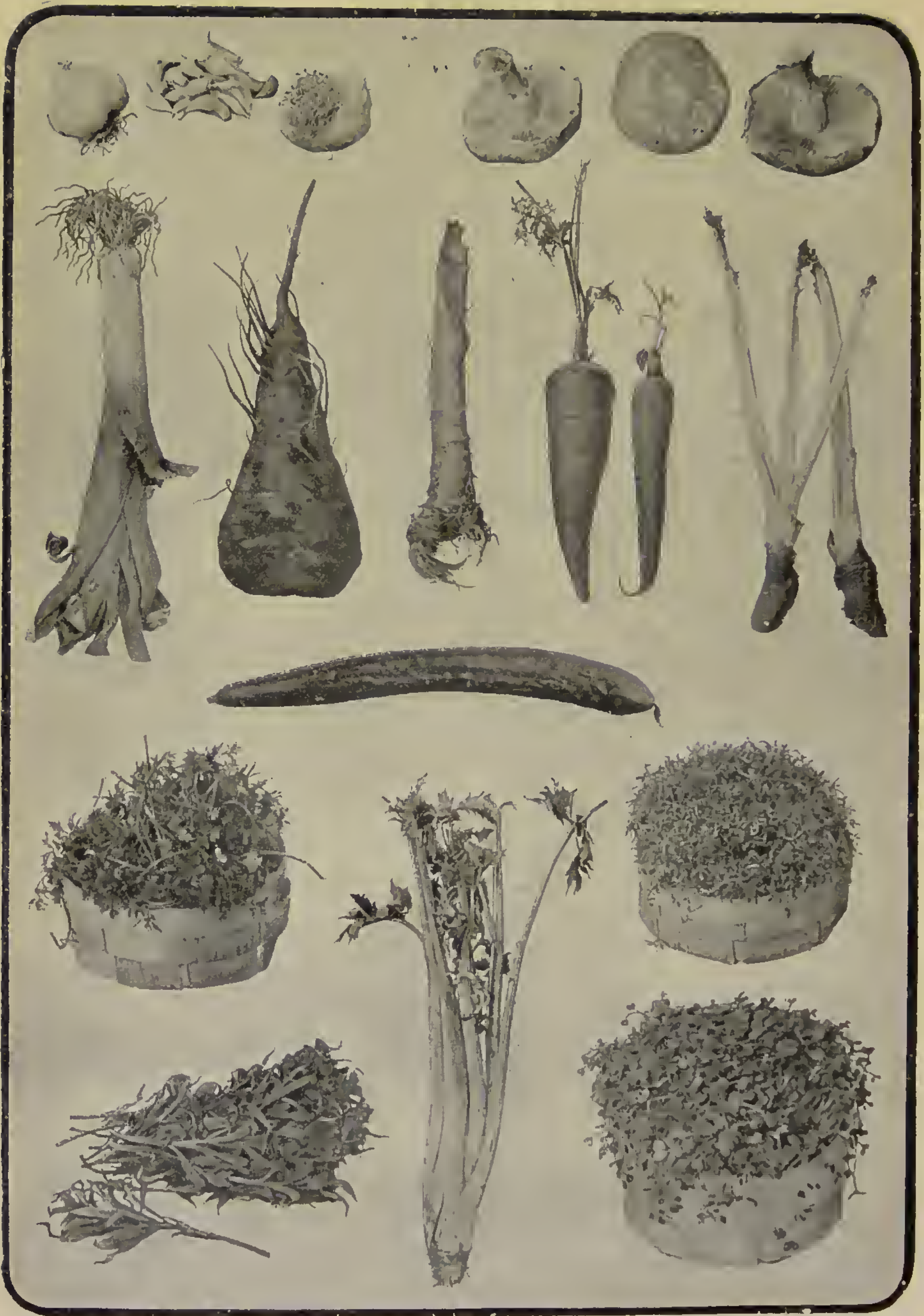
The amount of liquid required to moisten a given quantity of flour varies within narrow limits, but it may be approximately stated as being ½ to that of the flour. As a rule, 1 lb. of flour will need about ½ a pint of water, but allowance must be made for the addition of eggs, or when the fat has been reduced to a semi-liquid condition by undue friction, or prolonged contact with hot hands. The consistency of the butter determines the amount of water to be added to puff paste; when the butter is soft the paste must be equally so, otherwise it is impossible to keep the layers separate, and thus the paste is deprived of some of its flakiness. Rich short crust is lighter and more crumbly when made very stiff, but unless plain short crust is sufficiently moist-

VEGETABLES. No. 1.



Onions, Shallots, Spanish Onions, Turnips, Cauliflower, Colletts, Marrow, Savoy, Asparagus, Haricot Beans.

VEGETABLES. No. 2.



Shallots, Mushrooms, Leek, Parsnip, Horse-radish, Carrots, Sea-kale, Cucumber, Sorrel, Tarragon, Celery, Mustard, Cress.

ened it is hard and tough. Lemon-juice, like other acids, tends to make pastry lighter.

Butter and Fat.—The butter used for making pastry should be good and sweet, for nothing imparts its own unpleasant flavour to everything it comes in contact with more decidedly than inferior butter. Salt butter is not objectionable, if before being used it is well washed, and afterwards squeezed in a floured cloth to free it from moisture. Rancid butter may have some of its disagreeable flavour removed by kneading it first in new milk and afterwards in water. For ordinary pastry clarified fat may be recommended in preference to lard or dripping, for it is entirely free from the fatty taste which characterizes the purest home-made lard, while that bought ready prepared is frequently adulterated, and, moreover, has occasionally a strong, unpleasant taste. The objectionable characteristic flavour of dripping may be in some measure removed by creaming it, that is, beating it with a knife on a plate, and raising it well with every movement of the hand, so as to subject every part to the purifying influence of the atmosphere.

Manipulation.—The fat should be lightly, but very thoroughly, rubbed in with the tips of the fingers, never with the palms of the hands. The water should be added gradually, but quickly, to prevent hard lumps being formed, and to keep the consistence of the whole mass uniform. A knife should always be used for mixing, it being so much cooler than the hand. Some little practice is necessary to acquire the light, firm, even pressure and dexterous movements upon which success so largely depends. Paste should never be rolled backwards and forwards, but in short forward rolls, lifting the rolling-pin between the rolls. Puff paste should never be rolled off the edges, as this may force out some of the air ; it is better to thin the edges by a little pressure, or an inward roll.

Puff Paste is allowed to stand between the turns in order that the butter may harden, and thus keep the layers of paste and butter separate. Paste to which baking-powder has been added should be put into the oven as speedily as possible, otherwise some of the effect of the baking-powder is wasted, its action beginning immediately the paste is moistened.

Baking.—All kinds of pastry should be baked in a moderately hot oven, for a high temperature is necessary to expand the air or gas, and thus make the pastry light, and also to burst the grains of the flour, thereby enabling these to absorb the fat immediately it melts. Unless the heat is sufficiently great to act upon the flour in this manner, the melted fat runs out and leaves the paste less rich, and also, probably, both heavy and tough. An oven with a good bottom heat is desirable for baking tarts and tartlets ; when heated from above it is advisable to bake, or partially bake, the tarts before filling them.

ICING.

Very pretty results can be obtained by the use of icing tubes or cones, which may be purchased at any ironmongers. Make an ordinary conical sugar bag of paper, place an icing tube at the bottom, and fill the bag with icing sugar. Then tear away the paper covering the point of the tube and squeeze the sugar through.

PUDDINGS, OMELETS.

To avoid repetition in the recipes for these, the application of the principles of boiling, steaming, baking, and frying such preparations will be here briefly described. Success in preparing dishes of this class depends more on suitable proportions, manipulation, and proper application of heat than on the materials themselves, which are usually of a simple character. Although the terms suet, milk, batter, and bread may be used to describe briefly a large proportion of the puddings which form part of the daily fare of the masses, there are a large number of sweet dishes that cannot be included in this classification, but individual recipes to which general remarks do not apply will be described in detail.

Each recipe gives, as nearly as possible, the exact amount of the ingredients which comprise the dish. Such terms as "well buttered mould," "creaming," "stiffly-whipped or whisked" will be explained here, for the convenience of the uninitiated.

Preparation of Moulds and Basins.—When the pudding to be cooked is substantial in character, the mould, basin, or dish may be greased with a little fresh butter or fat; but moulds intended for light puddings, soufflés, or omelets should be well coated with cool clarified butter, using a small brush for this purpose.

Chopping Suet.—Either beef or mutton suet may be used for puddings: paste made with the former is lighter, mutton suet is less rich, and its flavour is not always liked. To prepare suet for use, remove all skin, shred or cut it down in very thin flakes, and chop it finely. During the process sprinkle it liberally with some of the flour or bread-crumbs; or, when making mincemeat, which contains neither of these ingredients, use some of the sugar for the purpose. Chopping should be done with a large sharp knife held in the right hand, raising and lowering the handle quickly, while the fingers of the left hand hold the point of the blade, and keep it pressed firmly to the boards.

Creaming Butter and Sugar, or Yolks of Eggs and Sugar.—The term "creaming" by no means describes the process by which butter and sugar, or yolks of eggs and sugar are amalgamated. Butter and sugar are pressed by means of a wooden spoon against the sides of a basin until the friction has softened the butter, and the ingredients are then stirred vigorously, keeping the bowl of the spoon constantly pressed against the sides or bottom of the basin, not alternately raised and lowered as in beating. In cold weather the butter may first be slightly warmed, but it must not be allowed to melt. Yolks of eggs and sugar are simply stirred together until thick and creamy.

Preparation of Dried Fruits.—As currants do not keep for any length of time they should never be bought in large quantities. They may be cleaned with a little flour on a sieve, but some cooks pour boiling water over them to plump them, and afterwards drain and dry them thoroughly. In either case, they must be dropped on a plate a few at a time to detect the stones. Sultanas should be cleaned with a little flour on a sieve and have the stalks removed, and Valencia raisins must be halved and stoned.

Boiled Puddings.—To ensure perfect cooking, the following rules, which apply equally to rich or plain, large or small puddings, must be observed :—

1. The mould or basin must be perfectly dry and well coated with butter or fat.

2. The pudding must completely fill the mould or basin.

3. A scalded and floured cloth should be tied securely over the top of the basin, but rather loosely round a roly-poly or other pudding not boiled in a basin.

4. The water must be boiling rapidly when the pudding is put in.

5. The water must completely cover the pudding, and be deep enough to float those boiled in cloths, otherwise a plate or saucer must be placed at the bottom of the pan.

6. As the water boils away, boiling water must be added.

7. The pudding must stand a few minutes before being turned out, in order that some of the steam may escape, and thus cause the pudding to shrink and less liable to break.

Steamed Puddings.—Puddings steamed over water are lighter than when immersed in it, but they cook more slowly. A quicker method, and one that gives practically the same results, is to stand the pudding in a saucepan containing boiling water to about half the depth of the mould or basin, the surrounding water being frequently replenished with more boiling water. A pudding to be steamed should not more than three-quarters fill the basin ; and two folds of paper, made waterproof by being rubbed with butter or fat, should cover the top instead of a cloth, which prevents the pudding rising.

Milk Puddings.—Milk puddings usually have the addition of eggs or some granular or powdered farinaceous substance, or they may consist of milk, eggs, and a farinaceous grain or powder. The three varieties would be represented by a custard pudding, a plain rice pudding, and a cornflour or semolina pudding made with eggs. A well-made milk pudding is a palatable and usually acceptable dish, and being so easily made it is difficult to understand why they are nearly always served in too dry or too liquid a condition, when the mean is so easily obtained. If a custard pudding be allowed to boil it becomes watery ; if cooked too quickly, without actually boiling, it is full of holes. When the oven is too hot the pudding may be kept below boiling point by placing the dish containing it in a tin of water, to which must be added, from time to time, a little cold water to prevent it boiling. Rice pudding, or any farinaceous pudding without eggs, should first be put into a hot oven for a short time to bring the milk quickly to near boiling point, but afterwards they should be cooked as slowly as possible, in order that the grains may have ample time to swell. It is better to simmer small grains like ground rice, semolina, and fine sago in a saucepan, preferably a double one, until the substance is well cooked.

Eggs are easily digested when lightly cooked, but become insoluble when over-cooked, and for this reason they should not be added to the farinaceous preparation until it is fully cooked, and then 10 minutes baking in a moderate oven is all that is necessary to set the egg and brown the surface of the pudding. For ordinary purposes skimmed milk may be used, but the fat or cream of which it has been deprived should be replaced by a little butter or finely-chopped suet, the proportion of the latter being ½ a tablespoonful to 1 pint of milk.

Batter.—Whether the batter is intended for a pudding or fritters certain points need careful attention.

1. It must be mixed as smoothly as possible, and this is effected by not adding much liquid until all the lumps of flour have been beaten out.
2. It should be well beaten to get the air in.
3. It should stand for at least 1 hour in order that the flour grains may swell and burst and ferment. The batter may be made more easily digestible by prolonging this process of fermentation.
4. It is usually cooked, i.e., fried at a high temperature.

Fritters.—To successfully fry anything coated with batter the fat must be hot enough to immediately harden the surface of the beignets or fritters, and thus prevent it soaking in and making them greasy, and yet it must not be sufficiently hot to brown them before they are crisp and well-cooked.

Soufflés and Soufflé-Omelets.—Moulds or tins in which soufflés are to be steamed or baked should, after being well coated with cool clarified butter, have a band of 3 or 4 folds of buttered paper tied round their rim to support the soufflé when it rises above the level of the tin. All these preparations should be made beforehand, so that the mixture may not have to stand and possibly lose some of its lightness. The success of soufflés and soufflé-omelets depends largely upon the whites of the eggs being whisked to a proper degree of stiffness. When the eggs are fresh, all that is necessary to ensure this is careful separation from the yolks, the addition of a pinch of salt, and that the air whipped in is as cold as possible. Another important factor is the cooking. Soufflés are lighter when steamed than when baked, but great care is needed to keep the water surrounding them at simmering point and yet prevent it actually boiling. Soufflés should be served as soon as they are done, for if over-cooked or allowed to stand, they lose some of their lightness. They should be baked in a hot oven, and served as quickly as possible in the dish or dishes in which they are cooked.

COLD SWEETS.

Preparation of Moulds.—Moulds, whether intended for creams or jellies, should be thoroughly clean, and when possible rinsed with cold water before being used. In preparing them for decorated creams, they are usually coated with a thin layer of jelly. To do this quickly and satisfactorily it is necessary that the moulds should be quite dry, perfectly cold, and the jelly on the point of setting when put into the mould, which is turned over and over until thinly, but completely, coated. The decoration is a matter of taste ; it may consist of pistachio shredded or finely-chopped, almonds, glacé cherries, etc., and may afford no indication of the composition of the cream. But just as frequently the decoration consists of fancifully cut pieces of the fruit which, reduced to a purée, forms the basis of the cream. This branch of cookery affords almost unlimited scope for display of artistic taste. Success depends largely on a suitable combination of contrasting or harmonising colours, and the decoration being neat and uniformly disposed. Each section of the mould must be decorated separately, and the decoration fixed firmly by means of a little cool jelly, which must be allowed to set before changing the position of the mould. For this reason the process is a slow one, unless the mould meanwhile rests upon and is surrounded by ice. Without this aid the task is almost an impossible one in hot weather.

Gelatine is prepared from the bones, etc., of animals and certain other substances. It is obtainable in sheets, strips, and powder, and the best qualities are almost entirely free from any unpleasant taste. Of the three forms in which it is sold, the sheet or leaf gelatine is to be preferred, as it dissolves more readily, but the packet gelatine may be substituted for leaf gelatine in all the following recipes. However, when doing so, rather less than the stated quantity must be used, and two or three hours' soaking should be allowed. It is always best to soak the gelatine first, and then stir it in a small saucepan by the side of the fire in a very small quantity of water until dissolved. Gelatine varies considerably in strength, therefore it is impossible to state EXACTLY how much will stiffen a given amount of liquid under varying conditions. A little more is required in summer than in winter, and when the cream or jelly is to be put into one large mould instead of several small moulds ; but at all times it should be sparingly used, for an over-stiffened cream or jelly is almost uneatable.

Jellies.—Jellies may be described as solutions of gelatine in water, with wine, fruit, and other additions, and their clear, brilliant transparency one of their chief recommendations. However, jellies of this class do not comprise the whole list, for in addition there are the opaque nourishing milk and egg jellies, and also those made of apples and other fruit. Calf's foot jelly, which is stiffened by the gelatine extracted from the feet by boiling, has the advantage of being perfectly pure, but it is not more nourishing than the jelly made from bought gelatine. When nourishing jelly is required, it is better made from good veal stock. For ordinary garnishing and masking purposes, jelly made from leaf gelatine is more frequently employed than that made from meat. A plain lemon jelly answers admirably for coating the moulds for creams ; and variously coloured and flavoured, it forms the basis of many other jellies. By adding a little gold and silver leaf, or a few drops of yellow, red, or green vegetable colouring matter, considerable variety may be introduced at small cost. Pleasing effects may be produced by filling the projecting divisions of a mould with gold, silver, or coloured jelly, and the body of the mould with jelly that differs either in colour or character. Of course, the colours must be blended artistically ; bright-coloured creams, like strawberry, should be very simply decorated ; and the creamy-white of the almond, or the delicate green of the pistachio nut, imbedded in the amber-hued jelly with which the mould is lined, contrast favourably with chocolate, as also does finely flaked gold leaf.

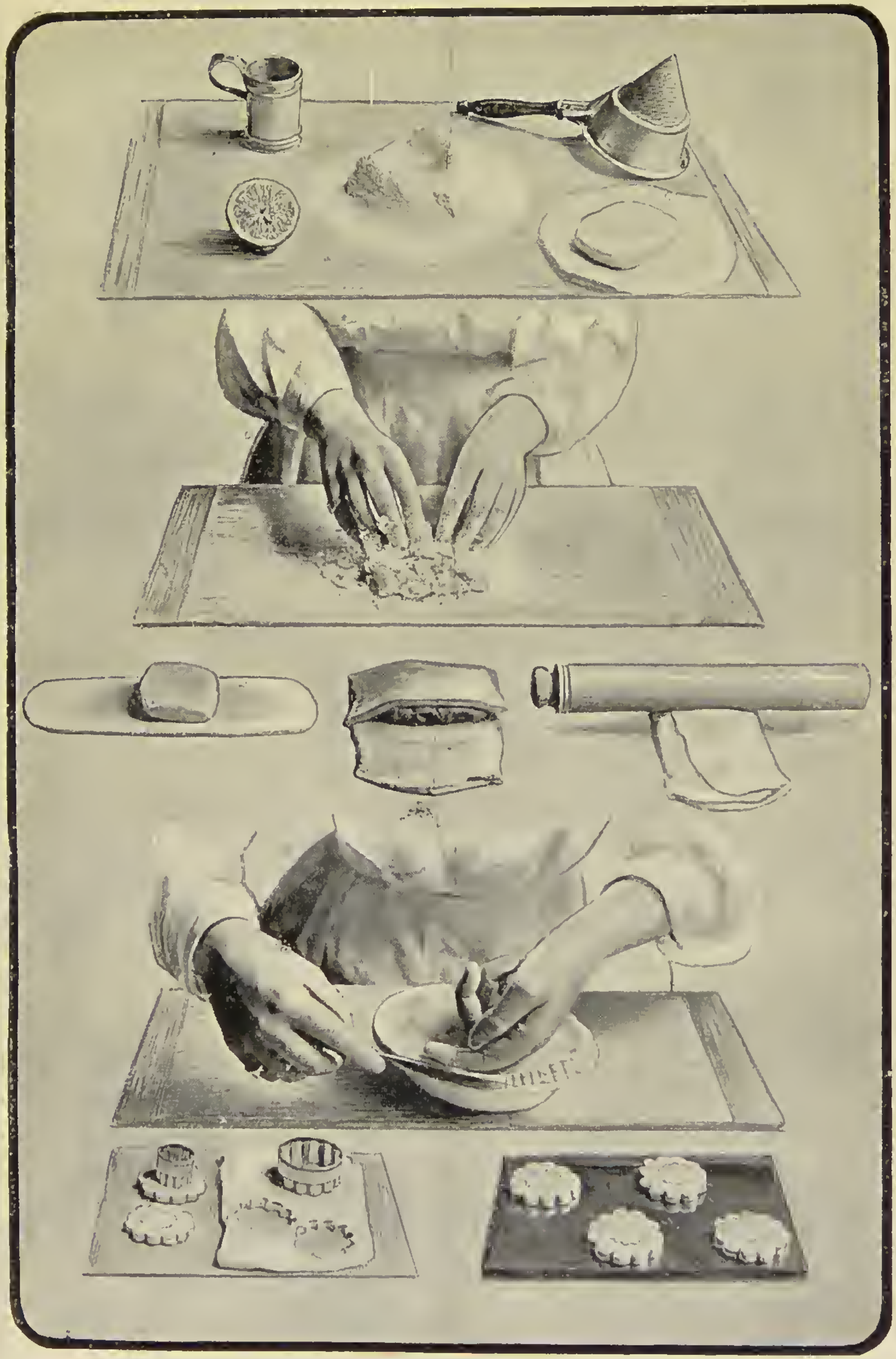
To Clear Jelly.—The agent employed for this purpose is albumen, of which substance the white of egg is largely composed. The shells and lightly-beaten whites of eggs are added to the water, wine, etc., when cold, the whole being continuously whisked while coming to the boil. At a temperature of 106° F., the albumen coagulates, and as the hardened particles rise to the surface they entangle and carry with them all the insoluble substances with which they come in contact; this forms the scum and the filtering medium, through which the jelly must be afterwards passed and repassed until clear. The jelly should always be allowed to simmer for a short time after it reaches boiling point, but it must on no account be whipped, stirred, or otherwise disturbed. A little lemon-juice or any other acid assists in the coagulation of the albumen.

Straining Jelly.—For this purpose a jelly-stand and bag are desirable but not indispensable, for an inverted chair and a clean linen cloth may be made to do duty instead. Whichever is used, it must be previously scalded to prevent the jelly setting while running through; and on a cold day, when the jelly runs through slowly, it is advisable to place a basin of hot water in the midst of it to keep it warm. The jelly-bag or cloth must never be squeezed, as a very slight pressure will force through the particles of scum, and thus make the jelly cloudy.

Creams.—The term cream is used to describe compounds of cream and fruit, fruit-purée, etc., or custards, variously flavoured, stiffened with gelatine, and more or less elaborately decorated. For this purpose double cream is required, that is, cream skimmed off milk that has stood for 24 hours instead of 12, or been well drained from the milk after being separated. Cream is more quickly whipped to a stiff froth when cold, and the air introduced by whipping should be as cold as possible. The process should not be continued one moment after the proper degree of stiffness is obtained; great care being needed in this respect in warm weather, when the cream, if over-whipped, is apt to turn rather quickly to butter. Apart from the manipulation of the cream, an important factor in all preparations of this description of which it forms a part, there are one or two points which need careful attention. The gelatine, dissolved in a little water, must be added at a certain temperature, for if it be too hot it causes the cream to lose some of its lightness; if too cold, it sets in small hard lumps instead of being intimately mixed with the whole. And again, after the gelatine is added, the cream preparation must be stirred until just on the point of setting, more particularly so when it contains fruit, almonds, pistachios, etc., which would otherwise sink to the bottom of the mould. On the other hand, if the mixture is allowed to become too cold, it does not take the shape of the mould. If available, the mould should stand in an ice cave or on ice until the cream sets firmly. When creams have to set without this aid, they should be made the day before, and kept in a cold place until required.

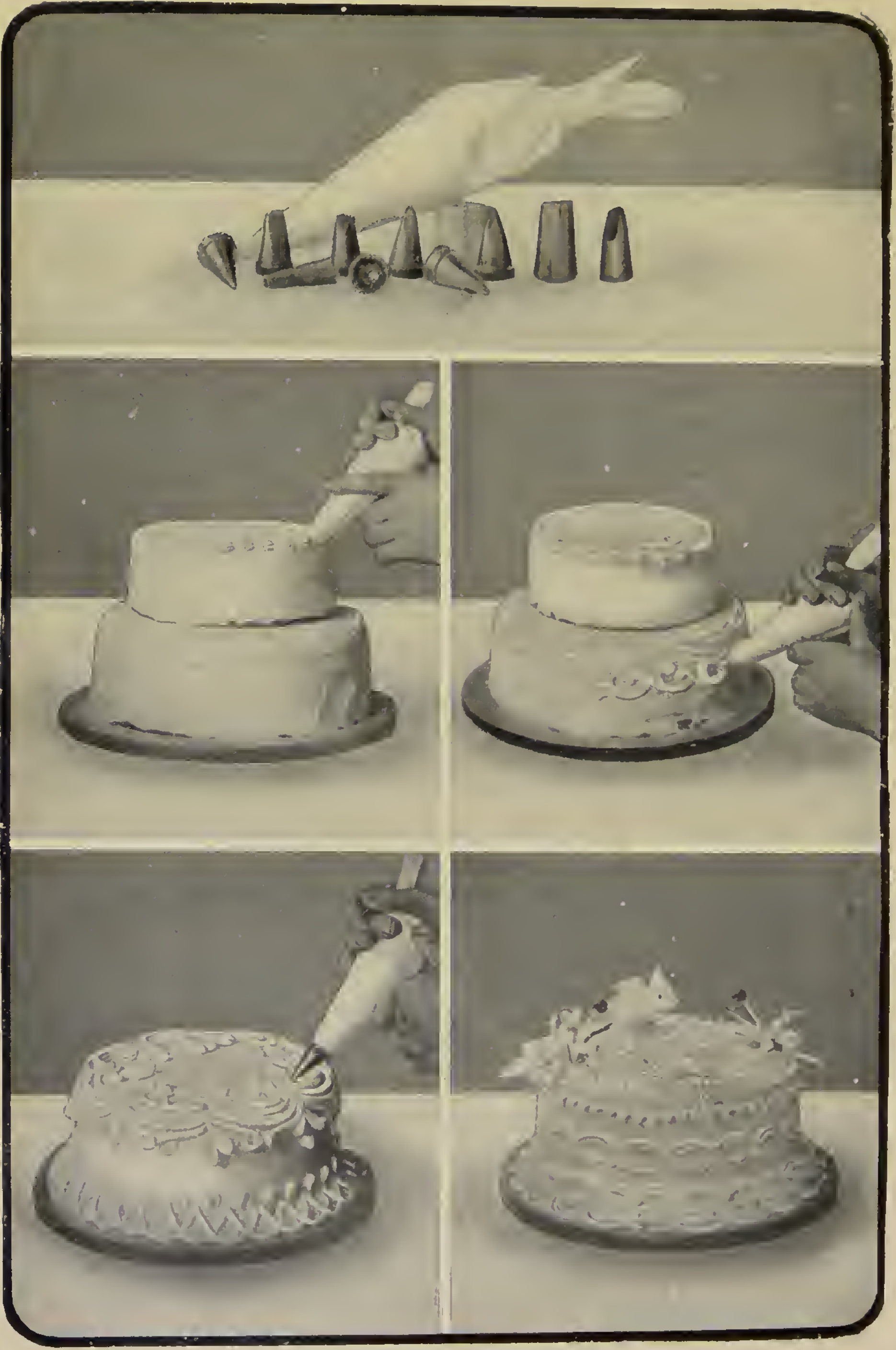
To Unmould Jellies and Creams.—It is much better to dip the

HOW TO MAKE PASTRY.



1. Ingredients and utensils: Flour, butter, water, lemon; pasteboard and sieve. 2. Sieve the flour, add water, and mix with the fingers. 3. Roll out and place the butter in the centre. 4. Fold the ends over, making an envelope for the butter. 5. Roll out. 6. Method of flaking edge of pies. 7. Method of cutting out tartlets or bouches. 8. Tartlets or bouches for baking.

PIPING, or FANCY CAKE ICING.



Make an ordinary grocer's paper bag, place one of the piping funnels at the bottom, pour the prepared sugar into the bag, and tear the paper off the point of it. Hold the bag in the right hand, and with the fingers of the left squeeze the sugar through the funnel. The piping tubes have teeth, and patterns of piping vary according to the "outlet."

mould once into hot water than 3 or 4 times into lukewarm water; and as the whole is immersed it is necessary that the top of the jelly or cream should be afterwards dried with a clean cloth. One sharp "up and down" jerk will instantly detach the mould of cream or jelly, which should at once be placed on a cold dish, the hand being gently withdrawn. In turning out a border mould too large to be covered by the hand, the dish and mould together may be shaken sharply up and down until the border is detached.

Sweets of this description are usually garnished with a macédoine of fruit, whipped cream, or jelly. As a rule the jelly is chopped, and the more coarsely the better is the effect, for large pieces reflect the light, whereas fine-chopped jelly has a slightly opaque appearance.

ICES.

Freezing Mixture.—The materials usually employed for this purpose are ice and coarse salt, or freezing salt, the correct proportions being 1 lb. of salt to 7 or 8 lb. of ice. More salt than this is often added with a view to making the mixture freeze more quickly, which it does for a short time, but the large proportion of salt causes the ice to speedily melt, and the freezing operation comes to a standstill unless the ice is frequently renewed. The ice tub or outer compartment of the freezing machine must be filled with alternate layers of crushed ice and salt. A good layer of ice at the bottom of the tub enables the freezing pot to turn more easily and more quickly than if it were placed on the bare wood.

Preparation of Ices.—The mixture to be frozen is placed in the freezing pot or inner receptacle of the freezing machine, and the lid firmly secured. When the vessel has been quickly turned for a short time, a thin coating of ice will have formed on the sides. This must be scraped down with the spatula, and well mixed with the liquid contents, and as soon as another layer has formed, it must be dealt with in the same manner. This, and the turning, is continued until the mixture acquires a thick creamy consistency, when it is ready for moulding. To ensure success the following rules should be observed:—

1. Avoid putting warm mixtures into the freezing pot, for the heat, penetrating through the metal, would cause the ice to melt.
2. Add sweetening ingredients with discretion; too much sugar or sweet syrup prevents the mixture freezing properly.
3. Avoid, as much as possible, the use of tin and copper utensils; they are apt to spoil both the colour and the flavour of ices.
4. Carefully wipe the lid of the freezer before raising it, so as to prevent any salt getting into the mixture.

Moulding Ices.—The ice, in the semi-solid condition in which it is taken from the freezing machine, is put into dry moulds, and well shaken and pressed down in the shape of them. If there is the least doubt about the lid fitting perfectly, it is better to seal the opening with a layer of lard, so as to effectually exclude the salt and ice. In any case the mould should be wrapped in 2 or 3 folds of kitchen paper when the freezing has to be completed in a pail. One part of salt should be added to 3 parts of ice, and the quantity must be sufficient to completely surround the mould. It should be kept covered with ice and salt for 3 or 4 hours, when it will be ready to unmould. When a charged ice cave is available, the ice is simply moulded, placed in the cave, and kept there until sufficiently frozen.

Unmoulding Ices.—Ices should be kept in the moulds, buried in ice, until required. When ready to serve, remove the paper and the lard when it has been used, dip the mould into cold water, and turn the ice on to a dish in the same way as a jelly or cream.

Varieties of Ices.—Ices may be broadly divided into 2 classes, viz., cream ices and water ices. The former are sometimes composed almost entirely of cream, sweetened, flavoured, and elaborated in a number of ways, but more frequently the so-called "cream-ice" consists principally of custard, more or less rich according to respective requirements, with the addition of fruit pulp, crystallized fruit, almonds, chocolate, coffee, liqueurs, and other flavouring ingredients. Water ices are usually prepared from the juices of fresh fruit mixed with syrup, fruit syrup, or jam, sieved and diluted with water or syrup. In addition to these there are the demi-glacé or half-frozen compounds, now largely introduced into high-class ménus under the names of sorbet, granite or granito, and punch. This variety is always served immediately before the roast, and always in small portions in sorbet cups or glasses, never moulded ; and alcoholic liqueurs are more or less used in their preparation. Parfaits, mousses, and soufflés differ from ordinary ices, inasmuch as the cream preparation is at once moulded and placed on ice, thus omitting the ordinary preliminary freezing process. In these, as in dessert ices, new combinations and moulds of original design for their use are being constantly introduced, but as the principal constituents of the preparations remain unchanged they present no difficulty to those who understand the general principles of ice making.

SWEETMEATS

Dessert Sweets and Sweetmeats.—Until recently the art of sweetmeat-making was little understood, and still less practised, by private individuals. Even now there exists a mistaken idea that this artistic branch of cookery presents many difficulties, and that elaborate utensils and implements are essential. Certainly success is more assured when the operations are aided by a saccharometer, marble slab, crystallizing tray, etc., but they are not indispensable. By measuring accurately, testing repeatedly, and by taking care to apply the right amount of heat, an amateur should find no difficulty in preparing any of the sweetmeats for which recipes are given on the following pages.

Except when otherwise stated, the lid should be kept on the stewpan while the sugar is being brought to boiling point and during the early stages of the following process, to prevent the sugar crystallizing on the sides of the pan. When this occurs, the particles of sugar adhering to the sides of the stewpan must be removed by means of a brush dipped in water, for if allowed to remain, they may cause the sugar to grain. Cream of tartar is added to the syrup to prevent the sugar granulating, and carbonate of soda serves to whiten the toffee, etc., with which it is mixed.

When cooking over gas it is advisable to have a piece of sheet-iron to place over the gas burners when a very slow continuous application of heat is required, as in making caramels, etc. In boiling treacle and brown sugar a large stewpan should be used, as these ingredients are apt to boil over more quickly than white sugar.

Of the utensils and implements mentioned in the recipes those absolutely necessary are simple and inexpensive, and comprise a hair sieve, a spatula, which is flat, wooden, with a broad rounded end tapering off to a long narrow handle, a sweet fork and ring, both made of twisted wire, and a candy hook. For this latter implement may be substituted a strong iron larder hook, which should be fixed firmly on a wall about 5 feet from the floor, according to the height of the worker. When a sugar skimmer is not available for testing the sugar as it approaches the "small ball" degree, a piece of wire twisted to form small rings will be found a good substitute. A saccharometer, caramel cutter, crystallizing tray, moulds, and a marble slab are indispensable to those who wish to excel in the higher branches of the art of sweet-making, but with few exceptions, all the recipes that are given require nothing further for their preparation than the few simple appliances enumerated above.

SALADS.

Although lettuce frequently forms the foundation of salads composed of raw materials, there are few vegetables and edible plants that may not be used for the purpose. The long list of those generally regarded as most appropriate includes artichokes, asparagus, beetroot, carrots, cauliflower, cresses, cucumbers, endive, French beans, lentils, lettuce, onions, potatoes, radishes, salsify, spinach, tomatoes, walnuts, and many other products. On the Continent, a variety of tempting salads are prepared from cold cooked vegetables, which in England are rarely utilized in this manner, but a typical French salad is composed entirely of one vegetable, for the cooks of that nation will on no account mix any two vegetables or salad plants. By these means the characteristic delicate flavour of choice vegetables is preserved; hence the superiority of salads prepared by them. As compounding salads is regarded as an art that only a few specially gifted excel in, ordinary cooks cannot be expected to attain perfection in this respect, but careful attention to a few simple details should enable them to prepare at least a palatable dish. To ensure success, it is absolutely necessary that the plants and vegetables employed should be young, freshly gathered, and crisp. If stale and limp, they may be freshened by immersion in cold water for a time, otherwise it is better to simply wash them thoroughly. Probably the point upon which perfection largely depends is the more or less complete removal of moisture after washing. When a salad basket is not available, the materials should be well drained and shaken in a colander, and afterwards in a clean dry cloth held by the corners, and shaken lightly until the salad is dry.

Lettuce should always be torn into shreds, not cut with a knife ; and it is a good plan to pour the salad dressing into the bottom of the bowl, lay the vegetables upon it, and mix vigorously at the moment of serving. Salads afford considerable scope for the exercise of individual taste and inventive faculty, and whatever their composition, they should always look cool, inviting, and dainty.

SANDWICHES.

The term sandwich was originally applied to slices of meat placed between bread and butter, but it has now a much wider meaning, for it is used to describe an endless number of pounded and shredded preparations, the varieties being multiplied by the addition of savoury butters, sauces, and condiments unknown in the eighteenth century, when sandwiches were first introduced. The old comparatively substantial form still accompanies the sportsman and traveller, but those intended for "afternoon tea" are dainty trifles, pleasing the eye and palate, but too flimsy to allay hunger where it exists.

To have sandwiches in perfection the bread should not be more than one day old, and sandwich loaves should be provided when a large number have to be prepared, or large French rolls, when rolled sandwiches are preferred. Creamed butter is more easily spread than ordinary butter, but when the latter is used it should first be beaten to a cream. Savoury anchovy, lobster, prawn, and shrimp butters may be usefully employed to give piquancy and variety to other substances ; they are also used alone in the preparation of rolled sandwiches, which consist of single slices of bread and butter, spread with some prepared substance, and then lightly rolled.

Sandwiches for afternoon tea, or any occasion where they will come in contact with gloved fingers, should be left perfectly plain on the outside, but when they may be eaten with a fork, some pretty effects may be produced by decorating them with variously-coloured chaudfroid sauces. Or they may be decorated with cold aspic jelly and garnished with lobster coral, Krona pepper, parsley, egg, etc.

PRESERVES.

From the nature of vegetable substances, and chiefly from their not passing so rapidly into a decomposed state as animal substances, the method of preserving them is somewhat different, although the general principles are the same. All the methods of preservation are put in practice occasionally for fruits and the various parts of vegetables, according to the nature of the species, the climate, the uses to which they are applied, etc. Some are dried, as nuts, raisins, sweet herbs, etc. ; others are preserved by means of sugar, as, for example, many fruits whose delicate juices would be lost by drying : some are preserved by means of vinegar, and chiefly used as condiments or pickles ; a few also by salting, as French beans ; while others are preserved in spirits. We have in this place to treat of the best methods of preserving fruits. Fruit is a most important item in the daily dietary ; therefore, when we cannot obtain it fresh, we must have it preserved. It has long been a desideratum to preserve fruits by some cheap method to keep them fit for the various culinary purposes, as making tarts and other similar dishes. The expense of preserving them with sugar is a serious objection. By most home methods, unless sugar is used in considerable quantities, the success is very uncertain, and sugar overpowers and destroys the sub-acid taste so desirable in many fruits ; so that the tinned and bottled fresh fruits, now so common, though only introduced of recent years, are a valuable addition to our food. Fruits intended for preservation should be gathered in the morning in dry weather, with the morning sun upon them if possible ; they then have their fullest flavour, and keep in good condition longer than when gathered at any other time. Until fruit can be used, it should be placed in the dairy, an ice-house, or a refrigerator. In an ice-house it will remain fresh and plump for several days. Fruit gathered in wet or foggy weather will soon mildew, and be of no service for preserves unless it is used immediately and very thoroughly boiled, when it may be made into preserve or jam that will keep, though of course of inferior quality. There is no mistake more common than to suppose that any half-ripe or over-ripe fruit is good enough for jam.

Sugar for Preserving.—Of the various kinds of sugar in common use, the white refined lump is generally sold for preserving, and, indeed, is the only kind admissible for the more delicate kinds of preserves. Coarse brown sugar conceals the flavour of any fruit, and the whiter moist sugar has little sweetening power. Crystallized Demerara makes good preserves, is very sweet, seldom adulterated, and is less expensive than lump sugar, so that for common household preserves it is very suitable. A well-known writer says : " Sugar-candy is the purest form of sugar ; white loaf sugar comes next ; then the pale, dry, large-grained crystallized sugars ; while all the moist sugars are of inferior purity, invariably containing not only water and uncrystallizable sugar, but also mineral and organic compounds. They are not infrequently infested by a small insect, the sugar-mite, many thousands of which have been detected in a single pound of brown sugar." Cane-sugar and grape-sugar, otherwise known as sucrose and glucose, are obtained from various sources. Most of the cane-sugar consumed in England is actually produced from the sugar-cane, but of beetroot sugar there is much in the market, and in America sugar is produced from the maple, from maize, and from the " sugar-grass." From a chemical point of view they are the same, and from a culinary one nearly so, though the difference in sweetening power and in crystallization undoubtedly affect flavours. Grape-sugar abounds in grapes and in many other fruits, and it may also be manufactured. It does not crystallize as cane-sugar does, and is not nearly so sweet, so that the admixture of grape with cane-sugar is an adulteration greatly to the disadvantage of the purchaser, though in no way unwholesome. Jams made with pure cane-sugar are apt to crystallize, or become granular ; to prevent this glucose is added. If only a small proportion is used, it can hardly be considered an adulterant. When a strong solution of sugar is allowed to solidify slowly and undisturbed it deposits large crystals, such as we see in sugar-candy ; if it is agitated the crystals are small, as in loaf sugar. But if the solution is heated up to a certain point it does not crystallize any more, but settles into a solid transparent mass which we know as barley sugar, so called because the old confectioners found that its return to the crystalline condition took place less quickly if it was boiled in barley water instead of water only. Any acid or mucilaginous matter helps forward the production of this particular form of sugar. When sugar is heated to about 400° F., it decomposes, loses its power of crystallizing and fermenting, and acquires a dark-brown colour and a bitter flavour. This form of sugar is known as caramel; when it is heated beyond this stage it becomes burnt and unfit for use.

Syrup for Preserving.—Having secured the most important contributions to the manufacture of preserves, the fruit and the sugar, the next consideration is the preparation of the syrup in which the fruit is to be suspended, and this requires much care. In the confectioner's art there is a great nicety in proportioning the degree of concentration of the syrup very exactly to each particular case, and they know this by signs, and express it in certain technical terms. But to distinguish these properly requires very great attention and considerable experience. The principal thing to be acquainted with is the fact that, in proportion as the syrup is longer boiled, the water contained in it will become evaporated, and its consistency thickened. Great care must be taken in the management of the fire, that the syrup does not boil over, and that the boiling is not carried to such an extent as to burn the sugar. A solution of sugar prepared by dissolving 2 parts of double-refined sugar in 1 of water, and boiling this a little, affords a syrup of the right degree of strength, which neither ferments nor crystallizes. This appears to be the degree called smooth or large thread by the confectioners. The syrup employed should sometimes be clarified, which is done in the following manner:—dissolve 2 lbs. of loaf sugar in 1 pint of water; add to this solution the white of an egg, and beat it well. Put the preserving-pan upon the fire with the solution, stir it with a wooden spatula, and, when it begins to swell and boil up, throw in some cold water to damp the boiling, for, as it rises suddenly, should it boil over it would take fire, being of a very inflammable nature. Let it boil up again; then take it off, and remove carefully the scum that has risen. Boil the solution again, throw in a little more cold water, remove the scum, and so on for three or four times successively, then strain it. It is considered to be sufficiently boiled when some taken up in a spoon pours out like oil.

Although sugar passes so easily into the state of fermentation, and is, in fact, the only substance capable of undergoing the vinous stage of that process, yet it will not ferment at all if the quantity be sufficient to constitute a very strong syrup: hence, syrups are used to preserve fruits and other vegetable substances from the changes they would undergo if left to themselves. Before sugar was in use, honey was employed to preserve many vegetable productions, but this substance has now given way to the juice of the sugar-cane.

The fruits most fit for preservation in syrup are apricots, peaches, nectarines, apples, greengages, plums of all kinds, and pears. As an example: take some apricots, not too ripe, make a small slit at the stem end, withdraw the stone, simmer them in water until about half cooked, and afterwards throw them into cold water. When they have cooled, take them out and drain them. Put the apricots into the preserving pan with sufficient syrup to cover them ; boil up three or four times, and then skim well ; remove them from the fire, pour them into an earthen pan, and let them cool till next day. Boil them up three days successively, skimming each time, and they will soon be finished and in a state fit to be put into pots for use. After each boiling the consistency of the syrup should be noted ; if too thin, it will bear additional boiling ; if too thick it may be lowered with more syrup of the usual standard. The reason why the fruit is emptied out of the preserving-pan into an earthen pan is that the acid of the fruit acts upon the copper of which the preserving-pans are usually made. From this example the process of preserving fruits by syrup will be easily comprehended. The first object is to soften the fruit by blanching or boiling it in water, in order that the syrup by which it is preserved may penetrate through its substance.

Fruits Preserved in Syrup.—Any of the fruits that have been preserved in syrup may be converted into dry preserves, by first draining them from the syrup and then drying them in a stove or very moderate oven, adding to them a quantity of powdered loaf sugar, which will gradually penetrate the fruit, while the fluid parts of the syrup gently evaporate. They should be dried in the stove or oven on a sieve, and turned every 6 or 8 hours, fresh powdered sugar being sifted over them each time they are turned. Currants and cherries may be preserved whole in this manner in bunches. Orange and lemon chips are thus preserved. After being thoroughly dried they should be stored in air-tight tins in a cool, dry place.

Marmalades and Jams differ little from each other ; they are preserves of half liquid consistency, made by boiling the pulp of fruits and sometimes part of the rinds, with sugar. The term marmalade is applied to those confitures which are composed of the firmer fruits, as pineapples or the rinds of oranges, whereas jams are made of the more juicy berries, such as strawberries, raspberries, currants, mulberries, etc. Jams require the same care and attention in the boiling as marmalade ; the slightest degree of burning communicates a disagreeable empyreumatic taste, and if they are not boiled properly they will not keep. Marmalades and jams are now so cheap that they are within the reach of the poorest. They can also be bought so good that there is little inducement to make them at home if the fruit has to be bought or is dear. Nevertheless, it must be confessed that they are seldom both cheap and good, so that housekeepers who desire both quality and economy, and are not over anxious to spare their own trouble, usually prefer them home-made. To make them successfully a properly constructed preserving-pan or maslin-kettle is necessary. Formerly these were composed of solid brass or copper, and formed one of the careful housewife's most cherished possessions. They may now be obtained at a comparatively trifling cost in enamelled iron, but the objection to their use is that the syrup boils over more quickly than in a preserving-pan made of copper or brass, and, moreover, it is more apt to burn and stick to the bottom of the pan. A long wooden spoon or stick is necessary. The end to be attained is to boil the juice of the fruit to such a consistency that it will neither ferment nor mildew. Some persons add a little water, others put only the fruit in with the sugar. From ¾ of a lb. to 1 lb. of sugar for each lb. of fruit is the usual amount, but ½ a lb. is sometimes enough to preserve the fruit, and if this quantity is sufficient no more should be used, as jam is often unpleasantly sweet with very little flavour of the fruit left. The methods employed vary considerably; sometimes the fruit is boiled a long time and slowly, and the sugar added towards the end of the process; but more frequently the sugar is boiled first with a little water, and the fruit added afterwards and boiled from 20 to 60 minutes.

The latter method is commonly employed in manufactories where time is money, and it certainly preserves the shape, colour, and flavour of the fruit better than the former, which, however, has advantages for some fruits that require long stewing, and for those persons who find it difficult with the means at their disposal to make the jam boil as thoroughly and completely as it readily does in the manufacturer's pans, heated by steam coil or gas to the exact temperature required.

The pots in which the jam is put must be perfectly dry, and the cupboard in which they stand neither so warm that the jam ferments, nor so damp that it becomes mouldy. The housekeeper will do well to remember that mould is a plant sowing itself by multitudes of seeds, so small that they penetrate the tiniest crack. It spreads, therefore, readily from one thing to another, and may sometimes lurk unsuspected on the shelves of a cupboard that is not well cleansed and aired. Formerly jam was allowed to become quite cold before being covered, under the erroneous belief that the steam arising from it would, if confined, produce mould. Now jams, jellies, and marmalades of every description are covered as speedily as possible, before the escaping steam loses its power to exclude the air. If air is allowed to enter it may carry with it bacteria which quickly develop into mould, more particularly so when the preserved substances happen to be stored in a warm, damp place favourable to the growth of such organisms.

Fruit Jellies are compounds of the juice of fruit and sugar, concentrated by boiling to such a consistency that the liquid upon cooling assumes the form of a jelly. But, notwithstanding the resemblance in appearance and in name, this jelly, which is known as pectin, is, from a chemical and nutritive standpoint, entirely different from gelatine. It is closely allied to gum, and has about the same food value as the sugar with which it is boiled.

Candied or Glacé and Crystallized Fruits.—Before fruit can be subjected to the final processes by which it is preserved for use in these two forms, it must first be boiled in syrup. The fruit to be candied or iced is dried before the fire or in a cool oven, the syrup in which it was cooked being meanwhile boiled to the "large blow" degree. When the syrup has cooled a little, the fruit should be dipped into it until thoroughly coated, and then dried, when they will have a transparent coating. Fruit to be crystallized should, immediately on its removal from the syrup, be rolled in crushed loaf sugar and afterwards dried. Flowers, such as violets, orange and rose petals and primroses, may be preserved in this way.

Fruit Pastes consist of the pulp of fruits, first evaporated to a proper consistency and afterwards boiled with sugar. The mixture is then poured into a mould, or spread on sheets of tin, and subsequently dried in the oven or stove until it has acquired the consistency of a paste. From a sheet of this paste, strips may be cut and formed into any shape that may be desired, as knots, rings, etc. They are now somewhat out of date.

PICKLES.

Pickles may now be purchased in such variety and so cheaply that very few, save those who grow vegetables they cannot utilize in any other way, think of preparing them at home. Pickles consist of vegetables and fruits steeped in vinegar previously boiled with spices, to which is frequently added salt and sugar, in quantities varied according to individual taste. The chief pickles are cabbage, cauliflower, chillies, gherkins, onions, and walnuts. Any or all of these, except cabbage, may be mixed ; one variety of mixed pickles, highly seasoned with mustard, is well known, and often usefully employed as a dressing for devilled bones, re-heating pork, etc. Indian pickles form a class by themselves ; they are generally thick and highly spiced, mangoes forming a general base. Damsons are more frequently preserved by means of vinegar than other kinds of fruit, but the method is equally applicable to any unripe stone-fruit. To make pickles successfully, the vegetables or fruit must be perfectly dry, fresh, and not over-ripe. Vinegar should be boiled in an enamelled pan, or, failing this, a stewjar placed in a saucepan of boiling water. If a metal pan must of necessity be used, one made of iron produces the least injurious effects. Fatal results have followed the use of copper vessels for pickling purposes.

Vinegar.—The active principle of vinegar is an acid produced by the secondary fermentation of liquids of vegetable origin. Thus we have vinegar from malt liquors, from wine, cider, date juice, etc. Malt vinegar is obtained by brewing weak wort. To 100 gallons of this at 70° F., 4 gallons of yeast are added, and stirred for about 10 minutes. It is then allowed to stand for 2 days, and afterwards put into tubs, covered with canvas and placed in a dark room, which is maintained at a warm, even temperature by means of a stove or stoves. The tubs are left thus until the wort is converted into vinegar, the process being usually completed in about 3 weeks, although it can be hastened by adding a small quantity of grape skins or crushed raisins. Vinegar is also produced by inducing long fermentation in poor qualities of wines. Cider can also be converted into vinegar by admitting air into the barrels containing it, and inducing prolonged fermentation. The acid developed during fermentation is known as "acetic," except that derived from the distillation of wood, which is "pyroligenous acid." This latter variety is somewhat deficient in flavour, but it is perfectly wholesome, and being cheap is largely employed by those who make pickles in large quantities.

MILK.

To Keep Milk.—For the preservation of milk, scrupulous cleanliness is the first necessity. Not only must the pots and pans be scrubbed and scalded (that every dairy woman understands, at least, in theory), but the dairy must be clean and well ventilated ; in it no open drain, no meat or game hanging ; outside it no foul heap of yard refuse or decaying matter. Nothing is more certain to taint the milk and spoil the butter than neglect of these precautions.

Boiling milk preserves it ; this is one great advantage of the Devonshire method of butter-making for small dairies. And we have already spoken of the addition of soda or borax. Soda may very well be put in if the milk is to be used for soups or savouries, as the flavour is then disguised.

Condensed Milk in tins has a large and increasing sale. Fresh milk is evaporated in open pans until it loses the greater part of the water. A certain quantity of cane sugar is then added, and the milk is sealed down in tins, when it will keep for any length of time. The objection is the peculiar flavour that milk acquires in boiling, but this is not of consequence for many cooking purposes. The excessive sweetness is also objectionable, but unsweetened condensed milk may now be had. When the full milk is preserved it forms a valuable addition to our stock of foods, especially for infants and children, for whom a plentiful supply of good milk cannot be obtained. But, on the whole, condensed milk is less nutritive than the fresh article, from the fact that it is chiefly made of skimmed or separated milk, and in consequence is less rich in fats.

Milk, Considered as an Aliment.—Although milk in its natural state is a fluid, yet, considered as an aliment, it is both solid and fluid ; for, no sooner does it enter the stomach than it is coagulated by the gastric juice, and separated into curds and whey, both of which are extremely nutritious. The milk of the human subject is much thinner than cow's milk ; asses' milk comes the nearest to human milk of any other ; goat's milk is somewhat thicker and richer than cow's milk ; ewe's milk has the appearance of cow's milk, and affords a larger quantity of cream ; mare's milk contains more sugar than that of the ewe.

BUTTER.

In England, butter has been made from time immemorial, though the art of making cheese is said not to have been known to the ancient Britains, and to have been learnt by them from the Romans. The taste of butter is peculiar, and very unlike any other fatty substance. It is extremely agreeable when of the best quality, but its flavour depends much upon the food given to the cows.

Butter, with regard to its dietetic properties, may be regarded as a combination of neutral fats mixed with water and small quantities of casein and salts. Its average proportion is as follows :—Fat. 78 to 94 ; curd, 1 to 3 ; water, 5 to 14 ; salt, 0 to 7. Butter becomes sooner rancid than other fats, owing to the presence of more or less casein, which, no matter how thoroughly washed the butter may be, is never completely removed. When fresh, it is a very wholesome article of diet; but it should be quite free from rancidity. If slightly salted when it is fresh, its wholesomeness is not at all impaired; but should it begin to turn rancid, salting will not correct its unwholesomeness. When salt butter is put into casks, the upper part next to the air is very apt to become rancid, and this rancidity is also liable to affect the whole cask.

To Make Butter.—There are three methods pursued in the manufacture of butter. In one, the cream is separated from the milk, and in that state it is converted into butter by churning. In the second method, the whole milk is subjected to the same process, but it is extremely wasteful, for the sour butter milk is of no use except as food for pigs, whereas new skimmed milk has a marketable value, or, enriched with linseed meal or other oily substances, may be given to calves instead of whole milk. In Devon and Cornwall, and the West of England generally, the milk, as soon as it comes from the cow, is heated over a stove or hot water pipes, which makes the cream rise and thicken into the well-known "clotted cream," which is afterwards very readily and quickly turned into butter. The first method is generally said to give the richest butter, and the last the largest quantity; but opinions differ.

Churning.—A great many different churns are sold, but the secrets of good butter making are simple and applicable to all kinds. The first is scrupulous cleanliness. Everything must be scalded daily with boiling water, rinsed with cold water, and used wet. Each utensil must be set out in the open air every day.

The second is the right temperature for the cream. A thermometer is absolutely necessary, and must register 55° to 60° F. when churning begins. The desired temperature is usually attained by adding a little warm water, or icy cold water when it is necessary to modify the temperature. Butter, under these conditions, should come in about 15 minutes. It is then washed quite free from butter milk, usually with cold water, before the butter is removed from the churn. Salt is generally added in the proportion of from ¾ to 1 oz. for each 3 lb. of butter. It should be dried and finely powdered.

To Sweeten Rancid Butter.—This is done in several ways: by beating it in lime water (water in which 1 lb. would be washed should have about 15 drops of chloride added); by scalding with boiling water, or by washing in new milk. The last named is the safest and best method, and those who live some distance from the place from whence they procure their supplies of butter will find these instructions to perfectly sweeten rancid butter of service to them. The butter must be thoroughly washed and kneaded first in new milk, where it will lose the acid which has turned it, then in fresh spring water.

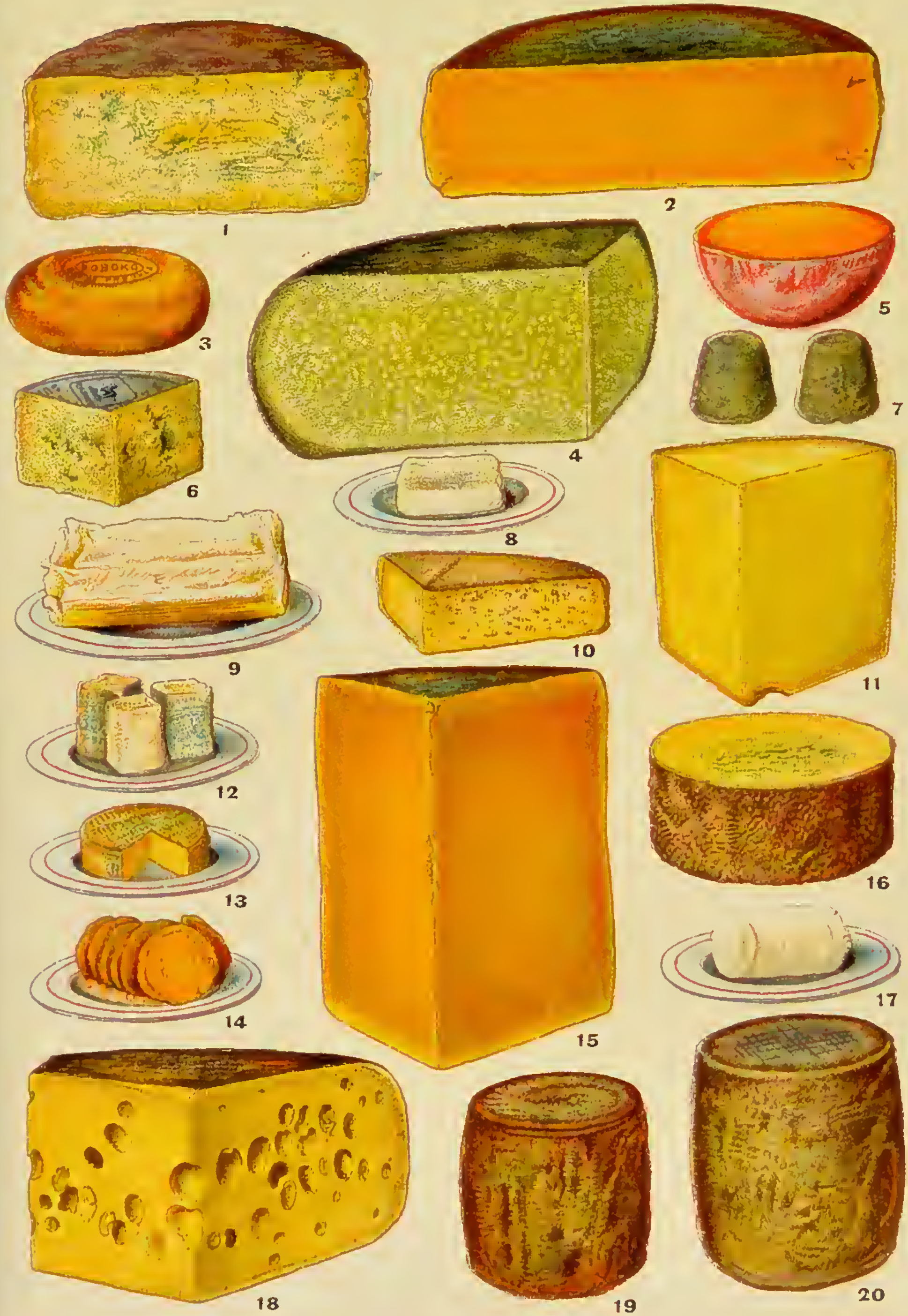
CHEESE.

Cheese is the curd of milk, dried. This curd, or casein, which is held in solution in the whey under natural conditions, or so long as the milk is fresh, has the curious property of coagulating under the influence of an acid.

Lactic acid, formed in the milk, serves to precipitate the curd in the ordinary process of souring. Curd is formed in the first stage of digestion by the action of the gastric acid of the stomach. Lemon-juice is often used to make curd for cheese cakes. In cheese making, "rennet," or "runnet," is used—a preparation from the stomach of the calf ; or in some countries, principally in Holland, a weak solution of hydrochloric acid is substituted for the rennet.

Method of Making.—Although the broad principles of cheese making may be said to apply to all varieties of a particular class, the cheese of each country has certain distinguishing characteristics. That of Cheshire and Wales has a crumbly texture, and a deep yellow colour, produced artificially by the addition of annatto. Cheddar cheese, although similar in shape and size, is less crumbly, and usually of a pale colour. The methods employed in making these well-known varieties of cheese are almost indentical. They are usually made of whole milk, unless the milk is very rich in cream, in which case the night's milk is skimmed before adding that of the morning. A properly equipped dairy is provided with a jacketed milk vat, so contrived that the milk may be surrounded with either hot or cold water. By these means the temperature of the milk is raised to a suitable heat, usually about 70° F. and the rennet is added. The temperature is then raised and maintained at a higher level until the curd is firm enough to cut. Many-bladed knives greatly facilitate this part of the work, but some little practice is necessary to enable the worker to wield one successfully. After cutting, the fine particles of curd are stirred continuously until the necessary degree of firmness is attained, and these are then allowed to sink to the bottom of the vat, where they remain in warm whey until sufficient acidity is developed. When the right point is reached, the whey is drawn off, the curd is broken up, covered with warm cloths, and kept thus until ripe enough to be salted and put into cheese moulds. The cheese remains in the mould under pressure until sufficiently firm to support its own weight, when it is trimmed and ironed into a good shape, and then transferred to the drying room. Here it remains for months, being turned every day, so that any moisture contained in the cheese may be equally distributed. The whole process is extremely simple, but the success of the whole depends on the amount of acidity developed during the various stages of the work. If the curd is allowed to become too acid, a hard cheese is the result ; if not sufficiently developed, the cheese is too crumbly, and consequently wasteful.

To Choose Cheese.—The taste and smell are the best indications of quality. There is so much difference of taste, that cheese, almost alone of all foods, is tasted by the customer before purchasing. A good cheese has rounded edges and sides, and when a piece is rubbed between the fingers it should melt and feel smooth. The bulging should not be great, however, as that indicates slight fermentation, and the cheese should be flat at the top. The best cheese is made of new milk, and contains, therefore, fat in addition to the curd. Skimmed milk cheeses are hard and indigestible. In fact, no cheese is easy of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CHEESE—1 Gorgonzola. 2 Double Gloucester. 3 Koboko. 4 Parmesan. 5 Dutch. 6 Roquefort. 7 Schabzieger. 8 Dunragit 9 York Cream. 10 Port du Salut. 11 Cheddar. 12 Pommel. 13 Camembert. 14 Mainzer 15 Cheshire. 16 Stilton. 17 Cream Bondon. 18 Gruyere. 19 Wiltshire Loaf. 20 Cheddar Loaf.

digestion, which probably accounts for its not being a universal food; it has almost every other virtue, being cheap, portable, easy to store, and palatable. In every pound of cheese as much solid food is contained as in a pound of lean meat, and the food is of the flesh-forming kind, being rich in both proteid and fat.

The principal varieties of Cheese used in England are the following, and most of these are shown in the coloured plate:—Cheshire Cheese, famed all over Europe for its rich quality and fine piquant flavour. It is made of entire new milk from which the cream has not been taken off. Gloucester Cheese is much milder in its taste than the Cheshire. There are two kinds of Gloucester cheese, single and double. Single Gloucester is made of skimmed milk, or of milk deprived of half the cream; Double Gloucester is a cheese that pleases almost every palate; it is made of the whole milk and cream. Stilton Cheese is made by adding the cream of one day to the entire milk of the next; it was first made at Stilton, in Leicestershire. Gorgonzola strongly resembles Stilton, and has a large sale. Much is now made in England to imitate the original. Sage Cheese is so called from the practice of colouring some curd with bruised sage, marigold-leaves, and parsley, and mixing this with some uncoloured curd. With the Romans, and during the middle ages, this practice was extensively adopted. Cheddar Cheese is manufactured principally at Pennard, near Cheddar, and is one of the best and most widely known cheeses we consume. American Cheddar is considered the best of the cheeses sold as American. Dunlop Cheese has a peculiarly mild and rich taste; the best is made entirely from new milk. Skimmed Milk Cheese is made in most dairy countries, and is eaten by the peasantry, but is not generally exported. There are some exceptions, such as the Parmesan Cheese, made in Parma and Piacenza, the most celebrated of all cheese, and made entirely of skimmed cow's milk. The high flavour which it possesses is supposed to be owing to the rich herbage of the meadows of the Po, where the cows are pastured. The best Parmesan is kept for three or four years, and none is carried to market until it is at least six months old. Dutch Cheese derives its peculiar pungent taste from the practice adopted in Holland of coagulating the milk with muriatic acid instead of rennet. Swiss Cheeses, in their several varieties, are all remarkable for their fine flavour. That from Gruyère, a bailiwick in the canton of Fribourg, is best known in England. It is flavoured by the dried herb of *Melilotos officinalis* in powder. Cheese from milk and potatoes is manufactured in Thuringia and Saxony. Cream Cheese, although so called, is not properly cheese, but is merely cream dried sufficiently to be cut with a knife. All cheeses are imitated in countries and places other than those from which they take their conventional names. Cheese is also made of skimmed milk mixed with animal fats or margarine, in the place of the cream that has been removed for sale. Camembert is a Brittany cheese, one of the most esteemed of cream cheeses, it being richer than most; it is a small, flat cheese of a pale yellow colour, with a dark rind. Roquefort is a very rich cheese, made in the South of France, from the milk of sheep and goats. Like Stilton, it has to be kept a considerable time before it is sufficiently ripe for eating. Shabzieger is a cheese exceedingly strong both in smell and taste, and for that reason is considered a delicacy by some and a cheese to be avoided by others. An excellent but little known English cheese is one called Wensleydale, which takes its name from the place where made, a small village in Yorkshire. This cheese has the characteristics of Stilton, and is rich in quality. Dorsetshire yields a very good cheese, called Blue Veiny, from its blue-veined appearance. It may be compared to Stilton in flavour, but is less rich, being made entirely from skimmed milk. There are, in addition to the above, various fancy cheeses.

EGGS.

The Nutritive Properties of Eggs.—Although the qualities of those belonging to different birds vary somewhat, their nutritive constituents of fats and salts are identical, varying only in degree. Eggs are valuable on account of their concentrated nourishment, and their ready digestibility when raw or slightly cooked. The quality of eggs depends much upon the breed of the hens, and upon the character of the food given to them. New-laid eggs are more easily digested than eggs a day or two old, but the milkiness of an egg cooked almost as soon as it is laid is generally disliked. Poaching is undoubtedly the lightest way of dressing eggs ; and this is effected by putting them for two or three minutes into boiling water, to which is added a little salt and a few drops of lemon-juice or vinegar to assist the coagulation of the albumen. Another light, digestible way of cooking an egg is to place it into a saucepan of boiling water, and let it remain covered by the side of the fire for 10 minutes. Immersion for this period will cook the white of the egg to the consistency of a jelly, but the water must not be allowed to even simmer.

Uses of Eggs.—The purposes for which eggs are employed are more numerous and varied than any other article of food ; they form an impervious coating for frying ; they bind dry mixtures ; they increase the tenacity of paste and dough, so that they more completely retain the air ; when beaten to a froth, they are the means of introducing a good deal of air into a mixture, and thus increase its lightness ; and to all mixtures they give colour, flavour, and lightness.

The Eggs of different birds vary much in size and colour. The eggs of the turkey are almost as mild as those of the hen ; the egg of the goose is large, but well flavoured. Duck's eggs have a rich flavour : the albumen is slightly transparent, or bluish, when set or coagulated by boiling, and requires less time to cook than hen's eggs. Guinea fowl's eggs are smaller and more delicate than those of the hen. Eggs of wild fowl are generally coloured, often spotted ; and the taste generally partakes somewhat of the flavour of the bird. Those of land birds that are eaten, as the plover, lapwing, ruff, etc., are in general much esteemed ; but those of sea-fowl have, more or less, a strong fishy taste. The eggs of the turtle are very numerous ; they consist of yolk only, without shell, and are delicious. The average weight of a hen's egg in the shell is 2 oz., the shell constituting about 10 per cent. of its total weight. Eggs keep best in a cold temperature of 36° F.

BREAD.

If the instructions given in the recipes are carefully carried out, there should be no difficulty in making a palatable and satisfying loaf, whose merits will be appreciated by all who partake of it. In making bread, no matter how large or small the quantity, it is of the first importance that everything should be scrupulously clean, sweet, and dry. If these precautions are omitted, the bread will not turn out as desired. Before commencing, see that everything is in readiness, so that it will be unnecessary to leave off in the middle. Have a sufficient quantity of water at hand for the purpose, and also some flour in a tin or basin in which to dip the hands and rub them clean when necessary. When you have finished with it, run the flour through a sieve, and any pieces that may have fallen from the hands should be added to the dough and well kneaded in. If no more than ½ a bushel of flour (8 quarterns) is being worked, a large red earthenware pan will answer admirably to mix it in. It should, after being thoroughly washed out and dried, be set out on a strong kitchen chair (from which the back has been removed) in front of the kitchen fire ; then turn the flour into the pan, cover it over with a clean cloth, and allow it to stand until the chill passes off before commencing. This is of course more necessary in winter than in the summer, and as there is only a small quantity of dough it will very soon get cold and be spoilt if it is not properly taken care of ; and, since much depends upon the warmth, the whole process should be performed in front of the kitchen fire if the weather is at all cold and chilly. At the same time, under no consideration must the dough become too hot, for heat will kill the yeast sooner than cold, and the result in each case would be the same—heavy and unsatisfactory bread. Heavy bread is the result of insufficient fermentation, and sour bread is caused by over fermentation ; it will therefore be seen how desirable it is to adopt just the happy medium—to have the water neither too hot nor too cold, to give the yeast sufficient time to work or ferment properly, but not long enough to work itself sour. This happy medium will soon be arrived at by experience. On no account must the pan containing the dough be placed close enough to the fire for the heat to penetrate and form a crust on the inside of the pan, for that would presently be mixed into the remainder of the dough, and result in dark, heavy patches in the bread. Care must also be taken by keeping the dough sufficiently well covered to prevent it from becoming skinned over, producing a very unsightly appearance should it get on the outside of the loaves when they are moulded or shaped up ready for the oven ; such loaves are known generally as "slut's farthings." When making the dough, it is of the greatest importance that it should be thoroughly well kneaded ; in fact, up to a certain point, the more kneading given to the bread the better it will be, while, if it is not kneaded sufficiently the dough may run flat in the oven, and not spring as it should. When freeing the hands of paste after the dough has been made, very particular notice should be taken that the scraps are first well rubbed into the dough, and then kneaded into the mass, leaving the finished dough perfectly smooth and clear.

When making the dough, keep all the flour in the pan, and do not get it all over the sides of the pan on to the floor; for, besides being wasteful, it is a very dirty and slovenly proceeding.

When the dough is well kneaded, it is left to stand for some time, and then, as soon as it begins to swell, it is divided into loaves. After this process, it is again left to stand, when it once more swells up, and manifests for the last time the symptoms of fermentation. It is then put into a hot oven, where the water contained in the dough is partly evaporated, and the loaves swell up again, while a yellow crust begins to form upon the surface. When the bread is sufficiently baked, the bottom crust is hard and resonant if struck with the knuckles, and the crumb is elastic, rising again in its place if pressed with the fingers. It will take from 30 to 45 minutes to bake in an ordinary oven, according to the size of the loaves, but a full 2-lb. loaf will never bake in less than 45 minutes, and if the oven is not over-hot, a much longer time is necessary.

CAKES.

Butter is of the first importance in cake-making, and where a rich cake is desired of fine flavour and keeping qualities, only the best butter should be used. But in most instances it will be desirable to use a somewhat cheaper fat for the purpose of cake-making, especially where the family is large and the means limited. In this case lard, dripping, or good margarine may be used with advantage, and there are also several vegetable fats procurable that answer very well for these purposes; but, although they are more economical in price, and some of them are richer where flavour is the first consideration, nothing better than pure butter can be used. So-called cooking butter is, in too many instances, nothing but margarine, but there should be no compunction in buying margarine under its right name, and paying a corresponding low figure for it. In this connection it should be said that the very cheapest that is offered should not be purchased; but for about *6d.* per lb. a good sweet perfectly wholesome margarine can be procured that is eminently suitable for all purposes of cake-making, and will give results almost equal to pure butter.

Eggs.—After butter, the eggs next claim attention. For making cakes, eggs that are from 7 to 14 days old, are best. The longer an egg is kept, up to a certain point, the less moisture it contains, for the shell of a new-laid egg is perfectly full, and if shaken no sound emanates from it; but if the egg is kept for a few days and then shaken, it will give out a rattle, increasing in sound as the egg gets older. This is caused by a certain amount of the water in the albumen, or white, drying out into the shell and air, and thus the albumen is stronger and the yolk more solid for being kept; and the reason these eggs are better for cake-making is that the ingredients will only take a limited quantity of liquid, and the deficiency must be made up with milk, which is richer than the water that has evaporated from the eggs. Nor is this the only advantage. The whites will whip up better and give more body than fresh eggs, and therefore more lightness to the cakes, for the white being more solid and stronger in every way retains the air better after it is beaten in. But when eggs are used for these purposes, it is important that each egg is broken into a cup, and carefully tested by its smell, to guard against any egg that may be bad, and especially a musty one, which, were it added to the cake, would spoil the whole of the work and render it uneatable. When breaking the eggs make sure that they are useable, turn them into a basin or other suitable vessel, and cover them over with a sheet of paper to keep out all dirt, until they are required for use.

Eggs act in two ways. They increase the tenacity of the dough, so that it better retains the air, and when they are beaten to a froth, they carry a good deal of air into the cake.

Baking-powder is largely used to vesiculate bread and cakes. The carbonic acid gas in this case is formed by the effervescence of bicarbonate of soda with some acid, usually tartaric, but sometimes hydrochloric. Many different kinds are sold, but each differs but slightly from the other. Some are coloured yellow and are known as egg-powder ; some go by the name of yeast-powder ; but the action of all is practically the same. A common recipe for home-made baking-powder is 10 oz. of ground rice, 9 oz. of carbonate of soda, 5 oz. of tartaric acid, well mixed and sifted together ; the rice is merely used to increase the bulk, and so to facilitate its mixing with the flour. If a teaspoonful of this or any other baking-powder is put in a tumbler of water, it effervesces rapidly ; presently the effervescence subsides, and there remains water, with the rice undissolved, and some tartrate of soda. In the same way it effervesces in a cake, or in dough, and bubbles up exactly as in the case of the water. As the water soon subsided, so will the dough, the gas will escape, and there will remain flour, water, and tartrate of soda settled down into a solid mass. Such is the action of baking-powder on bread or pastry. If the latter is not baked at once, the whole value of the powder is lost. But if it is put in the oven while the gas is held in the dough, it will rise still further, because gas or air always expands with heat, and long before the gas escapes the dough will be baked into shape with all the bubbles in it, and is then called " light." It is not a good word, for whether a cake is "light" or " heavy " it weighs the same, except in so far as it may be too wet if it is not sufficiently baked ; the difference will consist in the size and relative weight of the two, and not in the actual weight. A " light " loaf is puffed up to look larger.

All goods, therefore, made with baking-powder should be put into the oven as soon as possible after the moistening ingredient is added, or the result will be a very indifferently aërated cake or loaf. This rule applies generally to all kinds of baking-powders, cakes, pastry, or bread.

Another rule is to use the coldest water and to mix it in a cold place. We have seen that the rising of a loaf depends on the sudden expansion by heat of the air it contains, and the greater the difference between the coldness of the air as it goes into the oven, and the heat of the oven itself, the more it will rise, always provided that the oven is not so fierce as to scorch and stiffen the crust before the inside has had time to be heated. Cakes can be made light with snow instead of water, even with no baking-powder, because of the extreme coldness of the air that is mixed into them.

In this kind of bread-making, the gas is formed in the dough, but not of it, as with yeast, and, therefore, the taste of the wheat is more perfectly preserved.

Sugar.—Refined sugars can now be procured at so low a price, already ground and pulverised, that it is more economical to buy it in this form than to use loaf sugar and pound it, for, besides the trouble, it also involves some waste and loss of time, for powdered sugar is no dearer than loaf sugar, and if it cannot be procured from the grocers, a baker who makes small confectionery goods would be willing to supply the quantity required.

Fruit.—Currants can be procured comparatively clean, and need only a rub in a dry cloth and picking over to remove any sprigs and stones. In almost every case washing is not at all necessary; in fact, washing the currants deprives them of some of their goodness, and, therefore, is not only a waste of time, but waste of material, and makes the cake heavy. Sultanas, although they are no doubt cleaned, require carefully picking over, and a good rub on a coarse sieve will remove almost the whole of the sprigs, which are a very objectionable ingredient in a cake. Raisins should in all cases be stoned.

Almonds, before use, require to be blanched. This is done by putting the almonds into a basin and pouring boiling water over them When they have scalded for a short time their jackets are easily removed. When blanched they should be dried in the oven. There are very many varieties of the almond. The largest and dearest are the Jordan, and the cheapest are termed Barbary. There are both sweet and bitter almonds, the latter being used but sparingly for flavouring purposes. Ground almonds are used for icings, paste, macaroons, ratafias, and biscuits, and are procurable prepared all ready for use. Cocoanut is sometimes liked, and for all purposes desiccated nut can be used. It is sold in shreds, strips, and either fine or coarse, also sugared and plain.

Flour for cakes should always be of the finest quality procurable, and for best goods Vienna is the most suitable for use, and will also give the best results. But for all ordinary purposes of the household, what is termed "Whites" is suitable. But in any case let the flour be dry to the touch and sweet to the smell, with some colour and strength.

INVALID COOKERY.

Diet of the Sick.—It is not possible to lay down universal laws for the diet of sick persons. Given any two persons suffering from disease, the temperament, the disease, and the needs of one may be entirely different from those of the other. One may be in danger of collapse from weakness; another may be in a high fever. One may need to make blood and regain strength; the other may be suffering from a lifetime of overfeeding and underwork. To feed all these people alike would be ridiculous. There are besides many persons hopelessly ill, for whom food and physic can do no more than keep them alive with the least possible discomfort. One can only make the food pleasant to the eye and taste, and easily digestible, remembering always that in the course of any long illness the human machine is so worn that the least extra strain may stop its working altogether. It is with such cases as these that the art of sick-room cookery is of most avail.

Roughly speaking, the fundamental idea of sick-room diet is (1) to select food that will provide the necessary nourishment, and will not strain any digestive organs that may be affected; (2) to compensate for any waste or drain upon the system.

Overfeeding Gives no Strength.—Nothing is more common than to find some such reasoning as this: "All invalids are more or less weak; weakness is to be cured by food; all persons in poor health should be persuaded or coerced into taking as much food as possible." It is forgotten that not what a man swallows feeds him, but what he is able to digest and assimilate out of what he swallows. To overload feeble digestive organs is the surest way of preventing them from doing even as much work as they could do if they were allowed to work quietly. Again, a little wise starvation is Nature's cure.

Diet as a Cure.—There are not a few diseases where the only hope of cure or alleviation lies in rigid abstention from some sorts of food. Diet can often cure where drugs are useless, or worse.

Food or Physic?—Many well-known remedies are thought to be physic because they are prescribed by the doctor and sold by the chemist, but they are, in reality, foods. The best example is cod-liver oil, the most digestible of all fats, given often to consumptive and other persons, who either cannot take other fats or who do not like any fat, and will not force themselves to swallow fat food as they do to take fat physic. Cream, or any other fat, if it is digested, answers the same purpose as oil.

Certain rules apply to all sick-room feeding. Give little food and often. It is a mistake to persuade a patient to swallow large quantities at once. What is eaten willingly and with relish does more good than double the amount swallowed with disgust. At the same time it must be remembered that when people are very ill they will often refuse to swallow anything, though they are actually sinking for want of food.

Let the food come at stated times, and punctually. A very weak patient faints and flags if the hour is stretched to an hour and a quarter. A convalescent looks forward to meals as the great event of the day, and frets and worries if they do not come to time. As a rule, a patient should not be awakened to be fed, though it may sometimes be necessary. Amateur nurses often forget to feed in the small hours of the morning, when the patient's strength is always at the lowest ebb. If obliged to wait a long time the patient loses the desire to eat, and often turns against the food when brought.

When there is no appetite, give such food as affords most nourishment for the least work, either to the digestive organs or to the teeth. If the patient is very weak the exertion of eating, even without mastication, is already very severe. Put the greatest amount of nourishment into the smallest space, and let the food be already divided.

Only just so much as the patient is likely to eat should be taken into the sick-room, and what remains should be at once removed. Never keep any food standing by the bedside. Never leave food about a sick room ; if the patient cannot eat it when brought to him, take it away, and bring it to him in an hour or two's time.

In a case of infectious fever, all remains of food should at once be burnt, and on no account eaten by another person. The nurse should not take her meals in the sick room.

For a convalescent the food should be as varied as possible.

For invalids, never make a large quantity of one thing, as they seldom require much at a time. Because a patient once likes a food, do not repeat it till he is tired of its very name.

If the food may not be varied, the mode of serving may. A stray flower, or a new patterned plate, is better than no variety at all. Let everything look as tempting as possible. Have a clean tray-cloth laid smoothly over the tray ; let the spoons, tumblers, cups and saucers, etc., be very clean and bright. Gruel served in a tumbler is more appetising than when served in a basin, or cup and saucer. Do not put a very little broth in the bottom of a very large basin. Let all kitchen utensils used in the preparation of invalids' cookery be scrupulously clean ; if this is not the case, a disagreeable flavour may be imparted to the preparation, which flavour may disgust and prevent the patient from partaking of the refreshment when brought to him or her. Invalids notice flavour more than people in health. It is generally better to cook in earthenware, or glass, than in metal.

No cooking may be done in the sick-room.

In Acute Disease, the diet is often limited to milk and beef tea. Inexperienced persons imagine that every liquid food is insufficient nourishment, and that the patient should be persuaded to take some solid. So far from this being true, milk is the best of all foods, the only food we could live on for a length of time without admixture of anything else. A patient who can take milk has at once a greater chance of prolonging life or recovering health.

But there are some persons who cannot take milk, in health or sickness. They will often find it agrees with them better mixed with limewater, a third or half of water to two-thirds or half of milk. Soda-water and milk is agreeable to some patients, and to some boiled milk is more digestible, especially boiled milk hot. Only in rare cases should the cream be removed. Whey has been found useful when every preparation of fresh milk has been tried in vain. Kaumiss, or fermented milk, is also sold for the use of invalids.

Sickness and Nausea.—If the patient suffers from sickness and nausea, every food should be given iced, or as cold as possible, and in the smallest quantities, and it is a good plan to slip a tiny piece of ice into the patient's mouth immediately after taking food. Milk may be kept on ice for a long time, or, if no ice is at hand, set the jug in a tub of salt and water, or wrap a wet cloth round the jug and stand it in a draught outside the door. The slightest souring is enough to make milk disagree with a patient.

Variety is an Essential.—In sick-room cookery, except in very serious cases, veal-tea, mutton-tea or broth, or chicken broth, should occasionally replace the beef-tea in order to prevent the patient becoming tired of it. Soups thickened with yolk of egg and cream are very nourishing, but they are also very rich, and should therefore be given sparingly even when the patient is convalescent. Meat teas, soups and broths all offer nourishment in an easily digested form, and their restorative powers are very quickly felt, hence their value in the diet of the sick and convalescent. Savoury jellies are more nourishing when made from veal or calves' feet, for they then contain not only gelatine, but also other extractives of considerable dietetic value. When variety, and not the amount of nourishment afforded, is the chief consideration, jelly may be more easily prepared from isinglass or gelatine, the purest forms of which should alone be used.

Seasonings and Flavourings should always be added sparingly, for in sickness the organs of taste are often abnormally sensitive.

Peptonized Foods.—Peptonized foods are most valuable for those who suffer from severe indigestion, also in cases of dyspepsia and gastritis, or when the patient is unable to take milk in its natural form.

The chief peptonizing agents are pepsine and liquor pancreaticus, and the food, when acted upon, becomes partially predigested, and consequently more readily absorbed. When the natural digestive juices are deficient, and the stomach is unable to properly perform its office, those who suffer from this cause may, by employing one of these valuable agents, be supplied with more varied food than they would otherwise be able to digest. During the process of peptonization a slightly bitter taste is developed, but this may be arrested before it becomes too pronounced by bringing whatever is being acted upon quickly to boiling point. The several simple recipes that are given will sufficiently illustrate the principles of peptonization.

FOREIGN, COLONIAL, AND AMERICAN COOKERY.

Recipes are given in this book for the typical dishes of the different Continental Nations, and for the cooking of those articles of food that are only obtainable in India and the Colonies; also for the principal Jewish and American dishes. Lists of such recipes will be found in the Analytical Index at the end of the book.

French Cookery ranks deservedly high—perhaps higher than any other—and the land that gave birth to a Carême, a Savarin, and a Soyer has appropriately raised the culinary art to a high standard of perfection. Now, French methods of cookery are identical with the cooking of the upper classes in England, so identical, in fact, that the "national" dishes of France are common to the whole world. The chief difference in the French cuisine lies in the diet of the *bourgeoise*, with whom soup, stews, ragoûts, and braises largely replace the joints so common in England.

German Cookery.—The reputation of German cookery is not high in this country, but with no other nation does cookery form such an important part of advanced education. Many think the German diet consists chiefly of boiled beef and dumplings, milk soup, peas, pudding, and sauerkraut and sausages. The recipes given in this book should disabuse such an erroneous idea, for many dainty and useful dishes are included that might be advantageously employed to vary the somewhat monotonous diet of the English middle classes.

Italian Cookery is, like our own, adapted and borrowed from the French, though Italian cooks excel in the art of providing a variety of vegetables in many tempting forms unknown to us, and the delicious flavour which characterises many of their vegetable preparations is largely due to the introduction of cheese. The Italians alone appear to understand the use of this nutritious article of food. Farinaceous preparations, such as macaroni and spaghetti, also figure largely in the diet of the Italians, and may be said to be national foods.

Jewish Cookery.—The Mosaic code takes cognizance of the danger to health which arises from the consumption of unsound food, and minute regulations are laid down for the examination and slaughtering of animals.

Apart from these precautions for the safety of the general public, there are various domestic rules designed to secure the wholesomeness of the food eaten by the Jews. For example, certain joints are soaked in cold water to extract all traces of blood; fish must be cleansed with the most scrupulous care both inside and outside. Methods of cooking are also prescribed in certain cases. Fish and other classes of food must be fried in oil—a sound gastronomic and hygienic rule, for the oil, before being fit for use, must be raised to a high temperature to ensure thorough cooking and the retention of the savour of the viand, which thus becomes completely sterilized.

There are many interesting dishes peculiar to special feasts and fast-days, but in all the directions given for these, it will be noticed that cleanliness and health are regarded as the essential.

Cookery in Australia is, of course, English in character, while in the hotels the French cuisine plays a prominent part just as it does the world over. The various dishes which are peculiar to the country are those obtained from animals and fruits indigenous to the soil, such as Kangaroo-tail Soup.

Australian Fish is plentiful and good, and includes nearly all the varieties esteemed in England except the sole, which is not found in any Australian waters; but there are many other varieties unknown in England, such as trumpeter, schnapper, flathead, barracouta, etc.

Vegetables grow abundantly in most parts of Australia, and in addition to the varieties common in England, there are many unknown to us. Sour sop, a fruit which in its ripe condition resembles the custard apple, may in its green state be cooked and served as a vegetable. Paw-paw also serves the double purpose of fruit and vegetable, for it is equally excellent boiled while in a green, unripe condition and served with white sauce, or eaten when ripe with wine and sugar. The choko is a vegetable little known, although it grows freely in many parts of Australia. It is excellent plainly boiled and served with white sauce.

Fruit is so plentiful in many parts of Australia that many varieties may there be had for the picking. In addition to apples, apricots, peaches, bananas, figs, melons, and other well-known fruit, there are others almost unknown in England, such as gramma, granadilla, loquat, Passion fruit, etc.

Cooking in South Africa.—The instinct of good feeding is inherent in the Boer character, and the better-class Boer housewives are capital cooks. They are very fond of sweetmeats in every shape and form, and are exceedingly clever in making home-made preserves. "Mebos" is a very common and universally appreciated preparation of dried and salted apricots, while "honing kock," and "koe-sisters" are typical old Dutch sweetmeats. "Bobotee," "Sasatees or Kubobs," and "Gesmoorde Noender" all owe their origin to the same source.

Indian Cookery.—The culinary arts followed by the Hindus and Mohammedans of Asia differ considerably, for while meat is rigidly excluded from the diet of the former, the Mohammedan indulges in it freely. The Hindu delights in farinaceous foods such as cakes of wheat and other grain, rice variously dressed; also curries prepared from vegetables, ghee, oil, acid vegetables or fruit, the whole flavoured with spices; and the piquancy is further heightened by the chutneys and pickles served with them. The principal dishes of the Mohammedan are curries, pilleaus, brianes, hashes, and cakes.

A glance at the Oriental recipes for curries at once explains why those served in England differ so widely from the preparations in India. Some of the ingredients employed are unknown to us, all of them are used in a green state, and consequently impart a better flavour to the dish of which they form a part. Ghee, a substance largely used in making curries, differs from ordinary clarified butter, inasmuch as it is flavoured with ground cloves and green mint, cooked in the butter while it is being clarified. Curries are best when made in an earthenware vessel like the natives' "chattie," or the French casserole, and stirred with a wooden spoon. When making a curry in a stewpan, great care must be taken that the metal is well tinned. In India curries are very generally served with thin wafer-like cakes, called Papodums, and thin strips of dried fish, known as Bombay Ducks.

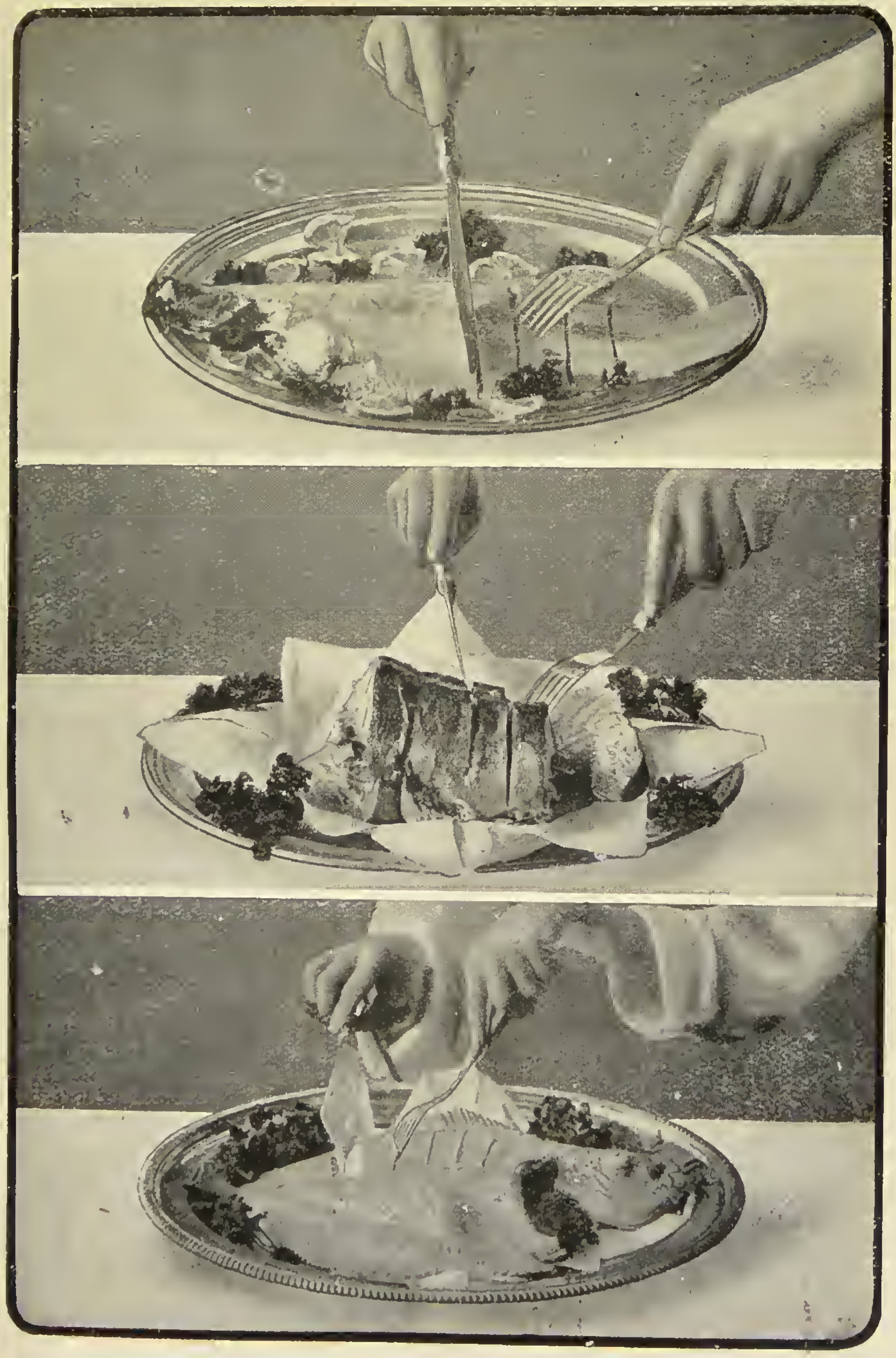
The recipes for typical Indian dishes will be more generally useful in India, where all the materials contained in them are easily obtained. The quantities are expressed in the commercial weights of this country, but the appended table of equivalents will enable the reader to easily convert avoirdupois into Indian weight:—

1 seer, 2 lb.; 1 chittack, 2 oz.; 2½ tolahs, 1 oz.; 1 masher, 19 grains (or about ⅛ of a teaspoonful).

American and Canadian Cookery differs very little, if at all from cookery in England. If Caneton à l'Aylesbury were substituted for the Canvas-back Duck, which appears in the menu of a banquet recently given at the White House, in every other respect—as regards materials employed and arrangement of service—it would correspond with similar functions at the Mansion House. Evidently the French cuisine is as much appreciated and as much sought after in America and Canada as in England, although, like every other nation, Americans and Canadians have several dishes prepared from fish, animals, and fruits which are common to the country.

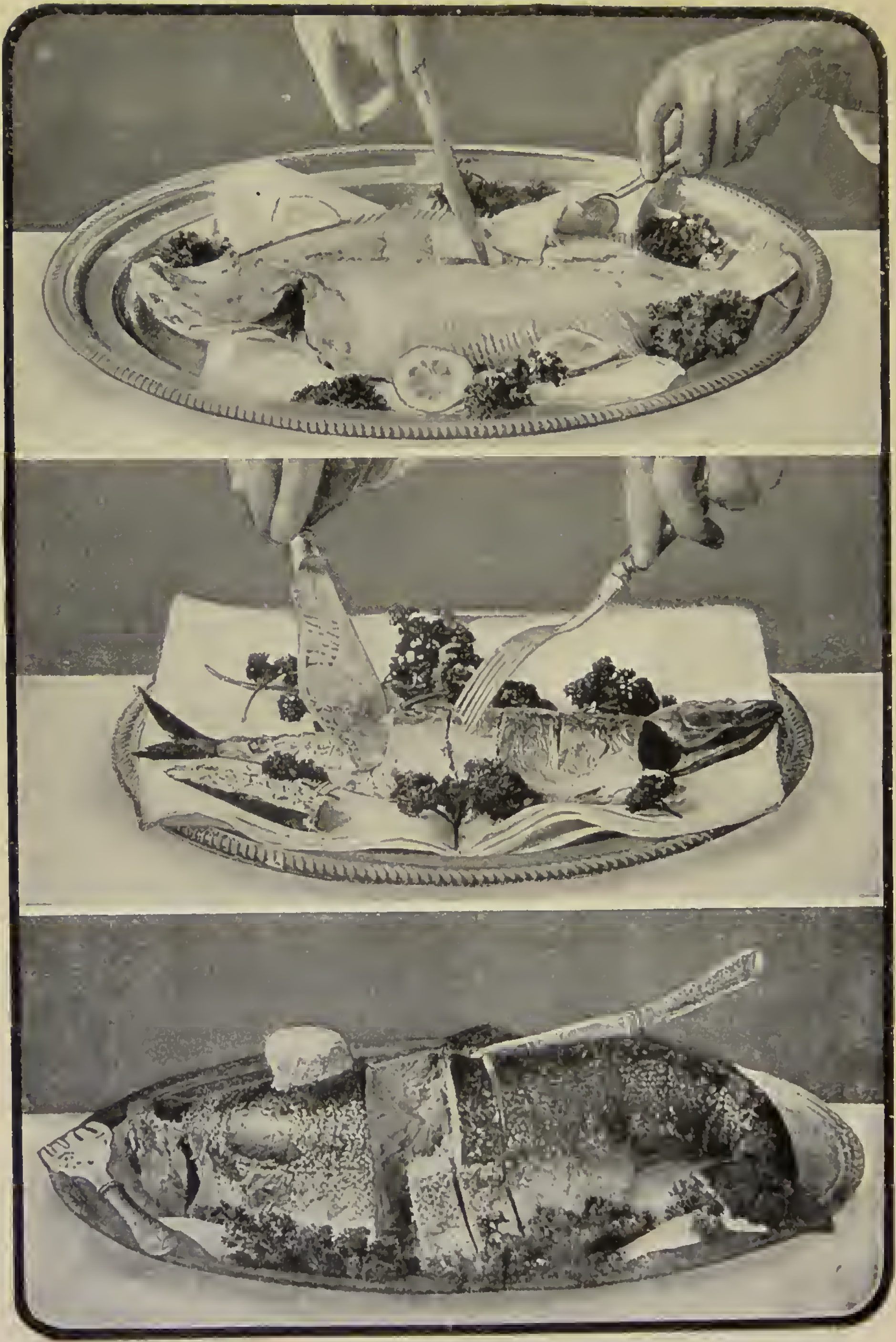
The Americans have a marked taste for sweet dishes, in which taste they show dietetic wisdom. The value of sugar as an article of food is sometimes overlooked by people who have accustomed themselves to a highly nitrogenous diet. Hot cakes at breakfast are quite a national institution. These are often made with soda or baking-powder, and must be regarded as somewhat beyond the capacities of average digestive organs.

CARVING. No. 1.



1. Sole. 2. Cod. 3. Plaice.

CARVING. No. 2.



1. Turbot. 2. Mackerel. 3. Salmon.

CARVING AT TABLE.

THE advantages of good carving are many, the chiefest being the ability to derive the best possible flavour from a dish, and at the same time to dispose of it in an economical manner. Your true artist cuts in such a way that every piece which he serves is sightly and palatable and does not contain a disproportionately large amount of fat. He has, too, a knowledge of the natural construction of various joints—a knowledge indispensable to all who wish to attain any proficiency in the art—and ensures that only the choicest cuts will be served, and that he will not give to any one person two differently flavoured slices of the same joint.

Many people find it very difficult to learn to carve, but as a rule it is because they do not begin at the beginning. They try to cut up a bird without any idea of its anatomy, and to cut slices of meat without knowing how the grain goes or where to find the joints, if any, and they therefore cannot succeed. In the succeeding pages will be found full directions for carving fish, meat, poultry, and game, and accompanying illustrations to help out the instructions. A careful study of the same will prevent anyone from making any grave error; but at the same time, as practice alone makes perfect, they should take all the opportunities of carving that come in their way, and when they see a good carver should watch his or her operations and take a lesson therefrom.

When carving a slice of meat, after the first incision has been made, the angle at which the knife is held must never be altered, or a jagged slice will be obtained. When the way to control the knife has been mastered the keystone to successful carving has been acquired.

The cut should be direct, sharp, and incisive. A saw-like action should never enter into the operation.

Generally speaking, the knife should be held firmly, but it cuts best when applied lightly, and less gravy is squeezed from the meat when the pressure is slight. By using the point of the knife lightly as a wedge, and the fork as a lever, even a big turkey or goose may be easily jointed, provided the carver is aware exactly how the joint is situated and held together. Every assistance should be given the carver by providing him with a thin sharp-bladed knife of suitable size, and by serving whatever is to be carved on a dish large enough to allow the joint or bird to be turned to the most convenient position for the purpose. The dish should also afford space for carved portions, for an expert carver will, with a few strokes of the knife, disjoint a bird, and usually prefers to do so before beginning to serve any part of it. Carving is always more easily and pleasantly performed when the dish contains neither gravy nor garnish.

A steel knife and fork should never be used for fish, because contact with this metal is apt to spoil its flavour, and a silver or plated slice and fork should be provided for carving and serving. When serving fish be careful not to break the flakes, which ought to be served as entire as possible, though short-grained fish, such as salmon, should be cut lengthwise.

The carving of loins and necks of either veal, mutton, or lamb must in some measure be determined by the size of the joints, but if the butcher has separated the chine bone into narrow divisions, the carver should have no difficulty in cutting suitable portions. He can then cut between the bones, and each bone with meat attached should be of a convenient size for serving.

Some joints, such as the undercut of a sirloin of beef, or the knuckle end of a leg of mutton, are best when eaten hot; others are equally good either hot or cold, but sometimes by using only one particular part the joint may present a better appearance when served cold. Thus, if the under side of either a shoulder or leg of mutton is cut without encroaching on the upper surface, when the joint is turned over it will have almost the appearance of an uncut one. Moreover, multiplied cut surfaces provide means of escape for the juices of the meat, and as a natural consequence leave a dry and flavourless cold joint. Meat should always be cut across the grain, the one exception to the rule being the saddle of mutton, which is nearly always carved at right angles to the rib bones, in slices running parallel with the fibres of grain of the meat. When the joint or bird is stuffed a little of the forcemeat should be served with each portion, and the same rule applies to the watercress used to garnish birds and the toast upon which many small birds are dished. The gravy may be poured over brown meats, but it should always be put at the side of chicken, veal, and white meats.

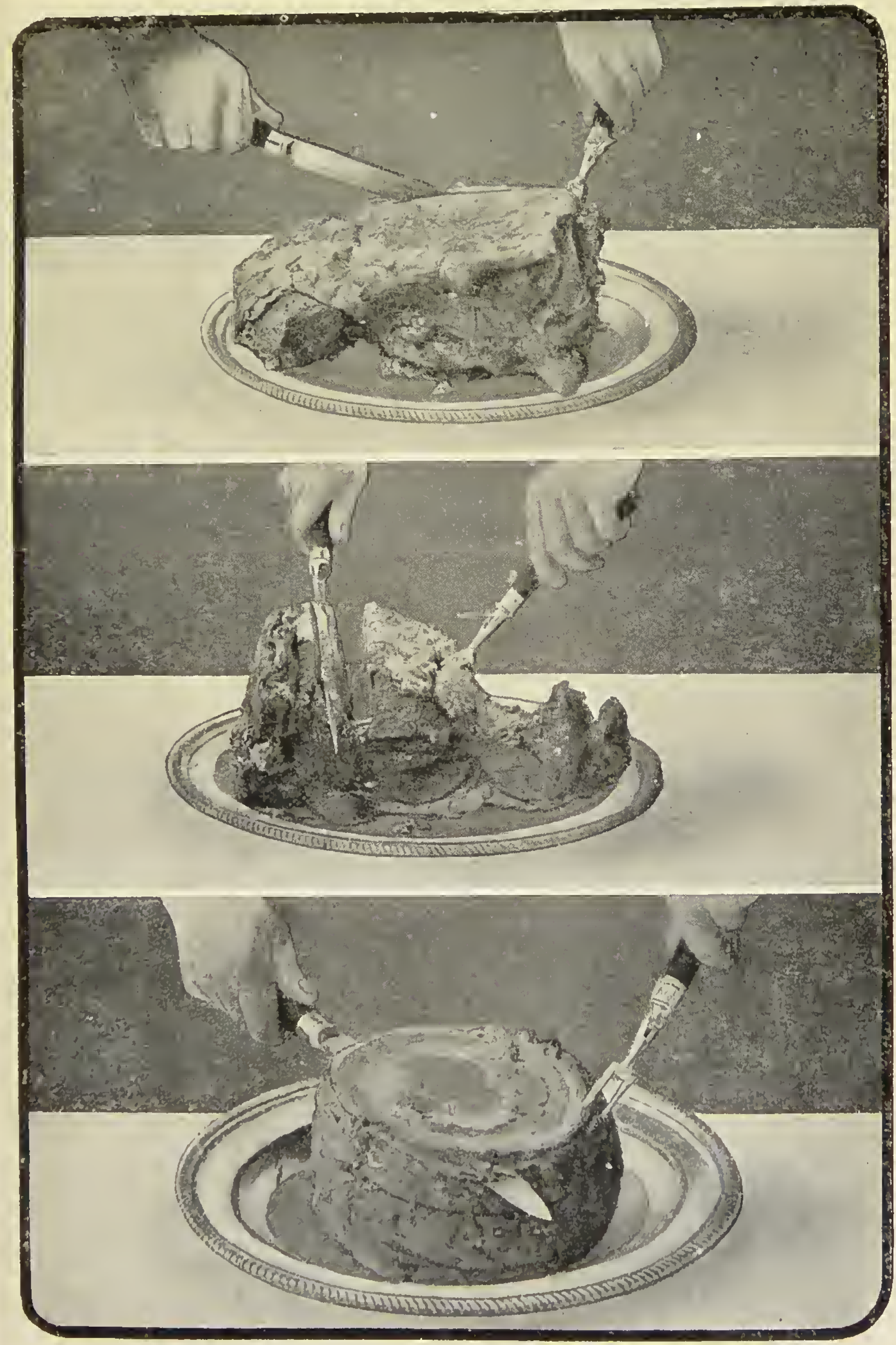
Ham and beef should be carved into very thin slices, and mutton and pork into fairly thick ones. Joints that have to be carved should be served on dishes without any gravy or dressing.

To Sharpen the Carving Knife.—Hold the steel in the left hand, which should be on a level with the elbow, pointing the steel towards the right shoulder, and hold the knife almost perpendicularly in the right hand. Place the hilt of the knife's edge at the top of the steel, and draw the blade downwards the whole length of both steel and knife, first on one side and then on the other—i.e., so that the point of the knife finishes at the hilt of the steel. The blade should be almost flat on the steel, with the back slightly raised but with only the edge touching it.

TO CARVE FISH.

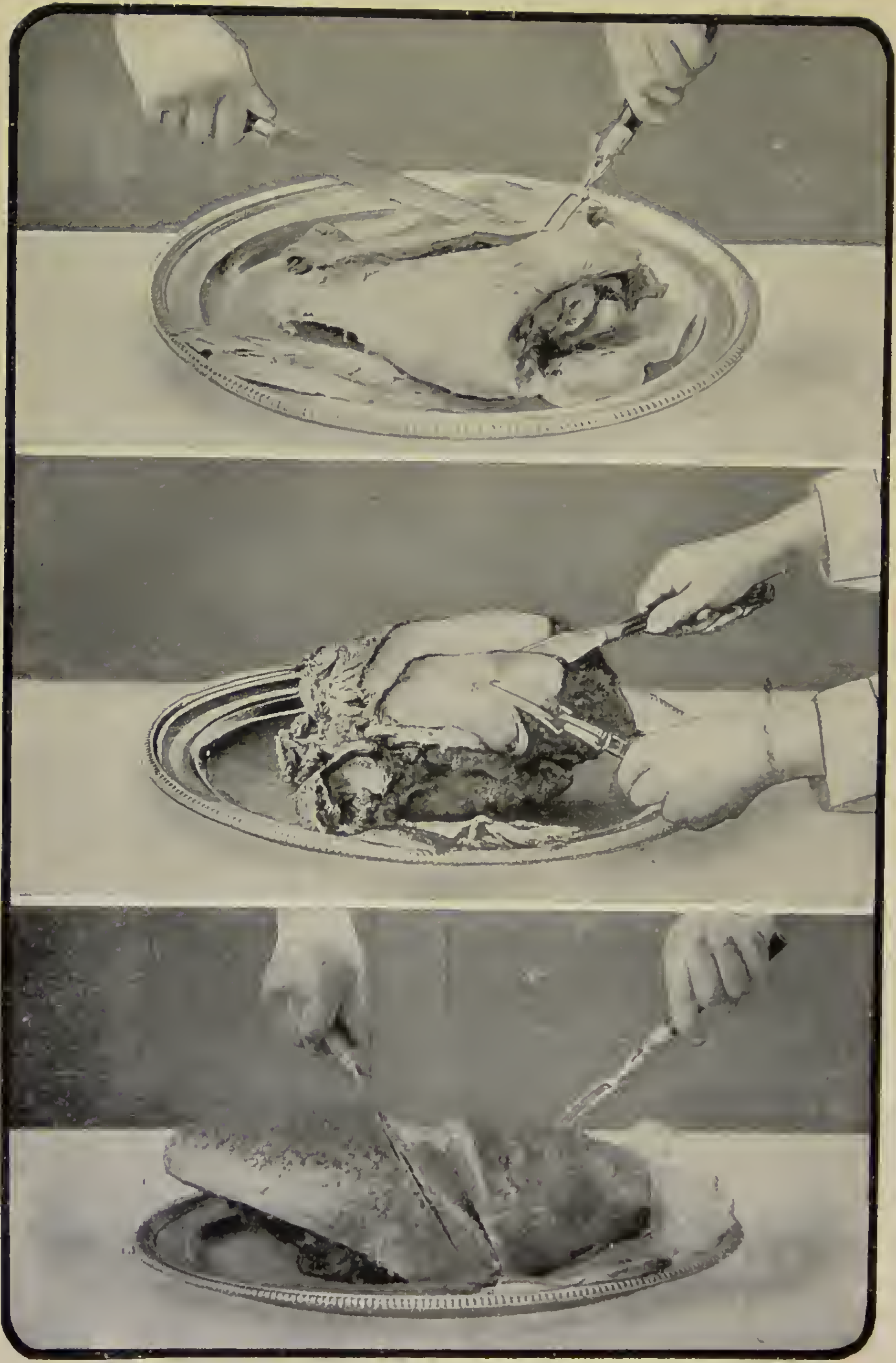
Cod (Illustration No. 1, Fig. 2).—Cut in fairly thick slices through to the centre bone and detach just above it. Of this fish, the parts about the backbone and shoulders are the firmest, and most esteemed.

CARVING. No. 3.



1. Sirloin of Beef (Uppercut). 2. Sirloin of Beef (Fillet). 3. Round of Beef.

CARVING No. 4.



1. Calf's Head. 2. Aitchbone of Beef. 3. Ham.

The sound, which lines the fish beneath the back bone, is considered a delicacy, as are also the gelatinous parts about the head and neck.

Eel and all Flat Fish.—The thick part is the best.

Lobster, To Dress.—Insert the knife at the centre of the back and cut through towards the tail. Then turn the lobster round and cut through towards the nose. Now remove the "brains." These are usually of a greenish colour and are found on either side of the lobster's head. Crack the claws with a hammer and arrange the fish on a dish, garnishing with fresh parsley. The tail of the lobster is the prime part, and next to that the claws.

Mackerel (Illustration No. 2, Fig. 2).—First cut along the backbone of the fish. Then insert the fish-knife at this part and cut through, separating the upper half of the fish which may be divided; when the fish is of moderate size serve for two helpings only. Next remove the backbone, tail, and head, and divide the lower half.

Salmon (Illustration No. 2, Fig. 3).—First run the knife down the centre of the back and along the whole length of the fish. Then cut downwards from the backbone to the middle of the fish, cut through the centre and remove the piece from the back. Next cut the lower part of the fish in the same manner.

A slice of the thick part should always be accompanied by a smaller piece of the thin from the belly, where lies the fat of the fish.

Sole, Boiled or Fried (Illustration No. 1, Fig. 1).—The usual way of helping this fish is to cut it quite through, bone and all, distributing it in nice and not too large pieces. The guests should be asked which part they prefer. The middle part is generally thought better than either head or tail. The head should be cut off—not laid on a guest's plate. In helping filleted soles, one fillet is given to each person.

Plaice (Illustration No. 1, Fig. 3).—First run the knife down the centre of the fish. Then cut downwards (only through to the bone) and remove portions in the manner shown in the illustration. Next take away the backbone and head of the fish, and treat the lower half the same way.

Turbot (Illustration No. 2, Fig. 1).—First run the fish-slice down the thickest part of the fish, quite through to the bone, and then cut slices towards the sides of the fish and upwards, as shown in the engraving. When the carver has removed all the meat from the upper side of the fish, the backbone should be raised, and the under side helped as the upper. The thick parts of the middle of the back are the best slices in a turbot; and the rich gelatinous skin covering the fish, as well as a little of the thick part of the fins, are dainty morsels, and small portions should be placed on each plate.

Brill and John Dory.—These are carved in the same manner as a turbot. The fillet near the head of a John Dory is the best part.

Whiting, Haddock, etc.—Whiting, pike, haddock, and similar fish, when of sufficiently large size, may be carved in slices from each side of the backbone in the same manner as salmon, each fish serving for four or more slices. When small, they may be cut through, bone and all, and helped in nice pieces. A small whiting is served whole; a middle-sized fish in two pieces.

TO CARVE BEEF.

Aitchbone of Beef (Illustration No. 4, Fig. 2).—A very simple joint to carve, as will be seen on referring to the illustration. Cut nice thin slices.

Brisket of Beef.—The point to be observed is that the joint should be cut evenly and firmly quite across the bones, in slices the whole width of the joint, so that on its re-appearance at table it should not have a jagged and untidy look.

Beef Tongue.—Cut nearly through across the tongue at the thick part and then serve a fairly thick slice. The carving may be continued in this way towards the point until the best portions of the upper side are served. The fat lies about the root of the tongue.

Ribs of Beef (Illustration No. 3, Fig. 1).—The mode of carving is similar to that of the upper cut of the sirloin, viz., cut in slices off the sides, starting at the thick end and through to the other, as shown in Carving Illustration No. 3, Fig. 1. This joint will be the more easily cut if before commencing to carve it into slices the knife is inserted immediately between the bone and the meat.

Sirloin of Beef (Illustration No. 3, Figs. 1 and 2).—This dish is served differently at various tables, some preferring it to come to table with the fillet, or, as it is usually called, the undercut, uppermost (see Fig. 2). The reverse way, as shown in the first illustration, is that most usually adopted. Still, the undercut is one of the primest parts of beef, and is best eaten when hot; consequently the carver himself may raise the joint, and cut some fairly thick slices out of the inner side, in the manner shown in Fig. 2. The upper part of the sirloin should be cut in the direction that the knife is travelling in Fig. 1, and care should be taken to carve it evenly and in thin slices. In carving this joint, the knife should be first inserted just above the bone at the bottom, and run sharply along between the bone and meat, and also to divide the meat from the bone in the same way at the side of the joint. The slices will then come away more readily.

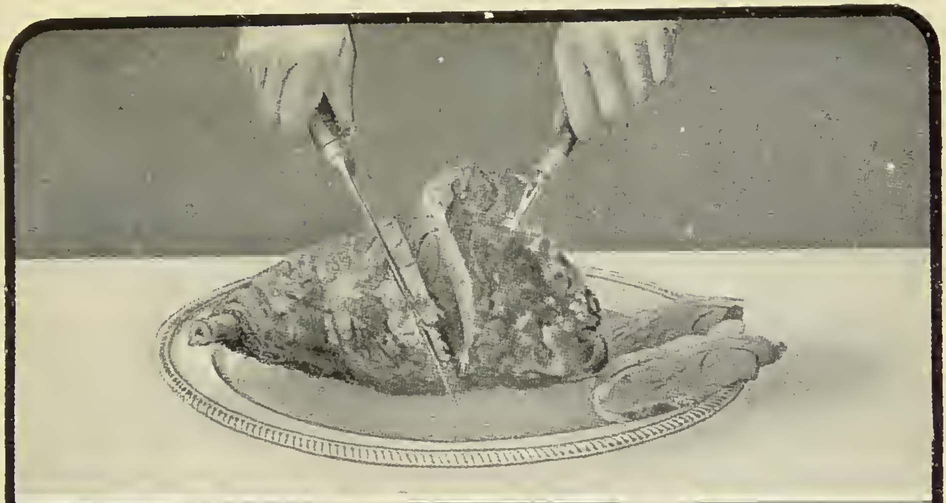
Round of Beef (Illustration No. 3, Fig. 3).—Off the outside of the joint, at its top, a thick slice should first be cut, so as to leave the surface smooth; then thin and even slices should be carved as shown in the illustration.

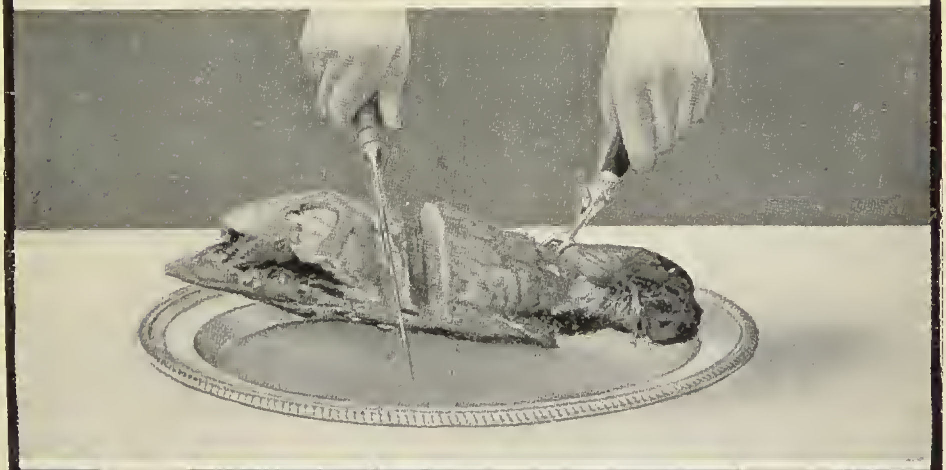
TO CARVE VEAL.

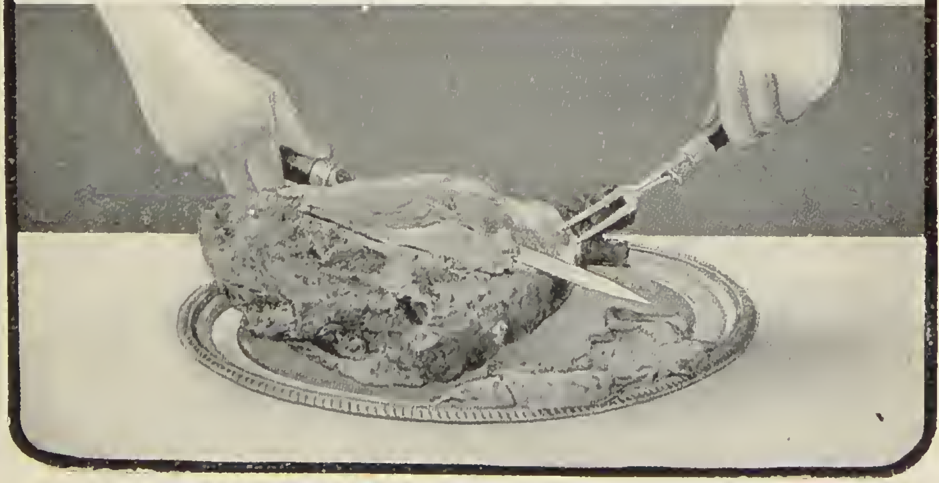
Breast of Veal.—The breast of veal consists of two parts—the rib-bones and the gristly brisket. These two parts should first be separated by sharply passing the knife through the centre of the joint: when they are entirely divided, the rib-bones should each be detached separately and served. The brisket can be helped by cutting pieces from the centre part of the joint.

Fillet of Veal.—The carving of this joint is similar to that of a round of beef. Between the flap and the meat the stuffing is inserted, and a small portion of this should be served to every guest.

CARVING. No. 5.



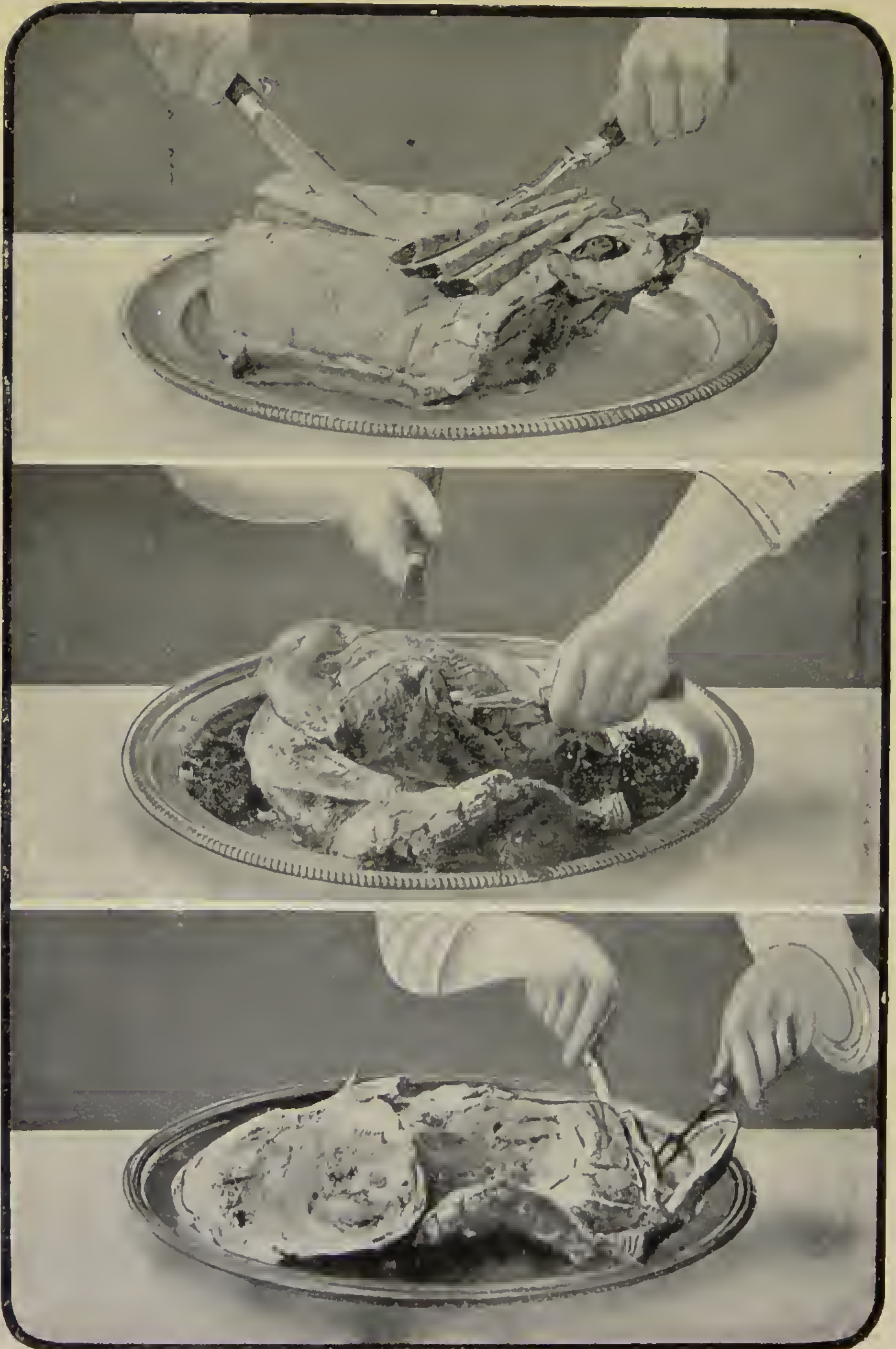




1. Leg of Mutton. 2. Shoulder of Mutton. 3. Shoulder of Mutton.

N * H * *

CARVING. No. 6.



1. Saddle of Mutton. 2. Forequarter of Lamb. 3. Forequarter of Lamb.

Knuckle of Veal.—This is carved in the same manner as leg of mutton (see Illustration No. 5, Fig. 1). The best slices are those from the thickest part of the knuckle—that is, the part where the fork is shown in the illustration.

Loin of Veal.—When jointing is properly performed, there is little difficulty in carrying the knife across and separating each chop. To each guest should be given a piece of the kidney and kidney-fat, which lie underneath, and are considered great delicacies.

Calf's Head (ILLUSTRATION NO. 4, FIG. 1).—A calf's head is nearly always boned before serving, and is then cut into slices like any other boned and rolled joint, but the illustration shows the method of carving when the bones have not been removed. Cut strips from the ear to the nose ; with each of these should be helped a piece of what is called the throat sweetbread, cut in semi-circular form from the throat part. The eye and the flesh round are favourite morsels with many, and should be given to those at the table who are known to be the greatest connoisseurs. The jawbone being removed, there will then be found some nice lean, and the palate, which is reckoned by some a tit-bit, lies under the head. On a separate dish there is always served the tongue and brains, and each guest should be asked to take some.

TO CARVE MUTTON AND LAMB.

Fore-quarter of Lamb (ILLUSTRATION NO. 6, FIGS. 2 AND 3).—In carving a fore-quarter of lamb, the separation of the shoulder from the breast is the first point to be attended to ; this is done in the manner shown in Fig. 2, and then, by raising with a little force the shoulder, into which the fork should be firmly fixed, it will come away with just a little more exercise of the knife. In dividing the shoulder and breast take care not to cut away too much of the meat from the latter, as that would rather spoil its appearance when the shoulder is removed. Unless the whole of the quarter is to be cut up, the shoulder should be transferred to another dish and put aside to be served cold. The joint is then ready to be served to the guests ; cutlets are carved from the ribs in the manner shown in Fig. 3, and the shoulder is carved in the usual manner. (See Illustration No. 5, Figs. 2 and 3.) When the shoulder is being used, the carver may ask those at the table which parts they prefer, ribs, brisket, or a piece of shoulder, or he may serve a piece of shoulder and a cutlet in each portion.

Leg of Mutton (ILLUSTRATION NO. 5, FIG. 1).—The knife should be carried sharply down, and slices taken from either side, as the guests may desire, some liking the knuckle end as well done, and others preferring the more underdone part. The fat should be sought near the bottom corner of the thick end.

Loin of Mutton.—A loin of mutton should be thoroughly well jointed by the butcher. This task is frequently imperfectly performed ; therefore it is advisable to examine the loin before cooking it, and carefully joint any part that has been neglected. The knife should be inserted in the thick side of the joint, and after feeling a way between the bones, it should be carried sharply through, separating each chop in the same manner.

Saddle of Mutton (Illustration No. 6, Fig. 1).—The method adopted in carving this joint is contrary to the general rule of cutting meat, across the grain; in this case, the meat is carved across the ribs, in slices running parallel with the backbone and the fibres or grain of the meat. The illustration clearly shows what is meant. Each long slice should be cut across into two or three pieces, according to its length, and with each portion is usually served a small piece of fat cut from the bottom of the ribs where the joint rests on the dish, and some good gravy. Red-currant jelly is served separately.

Shoulder of Mutton (Illustration No. 5, Figs. 2 and 3).—The joint should be raised from the dish and as many slices cut away as can be taken in the manner shown in Fig. 2; afterwards the meat lying on either side of the bladebone should be served, by carving from the knuckle end. The uppermost side of the shoulder being now finished, the joint should be turned, and slices taken off along its whole length. There are some who prefer the underside of the shoulder for its juicy flesh, although the grain of the meat is not so fine as that on the other side, and this is served in the manner shown in Fig. 3.

TO CARVE PORK.

Sucking-Pig.—A sucking-pig is usually sent to table split in half and the head separated from the body. The first point to be attended to is to separate the shoulder from the carcass, which is done in the same way that the shoulder of a fore-quarter of lamb is separated. The next step is to take off the leg, and this is done in the same way. The ribs then stand fairly open to the knife, and two or three helpings will dispose of these. The other half of the pig is served, of course, in the same manner. Different parts of the pig are variously esteemed, some preferring the flesh of the neck, others the ribs, and others, again, the shoulders.

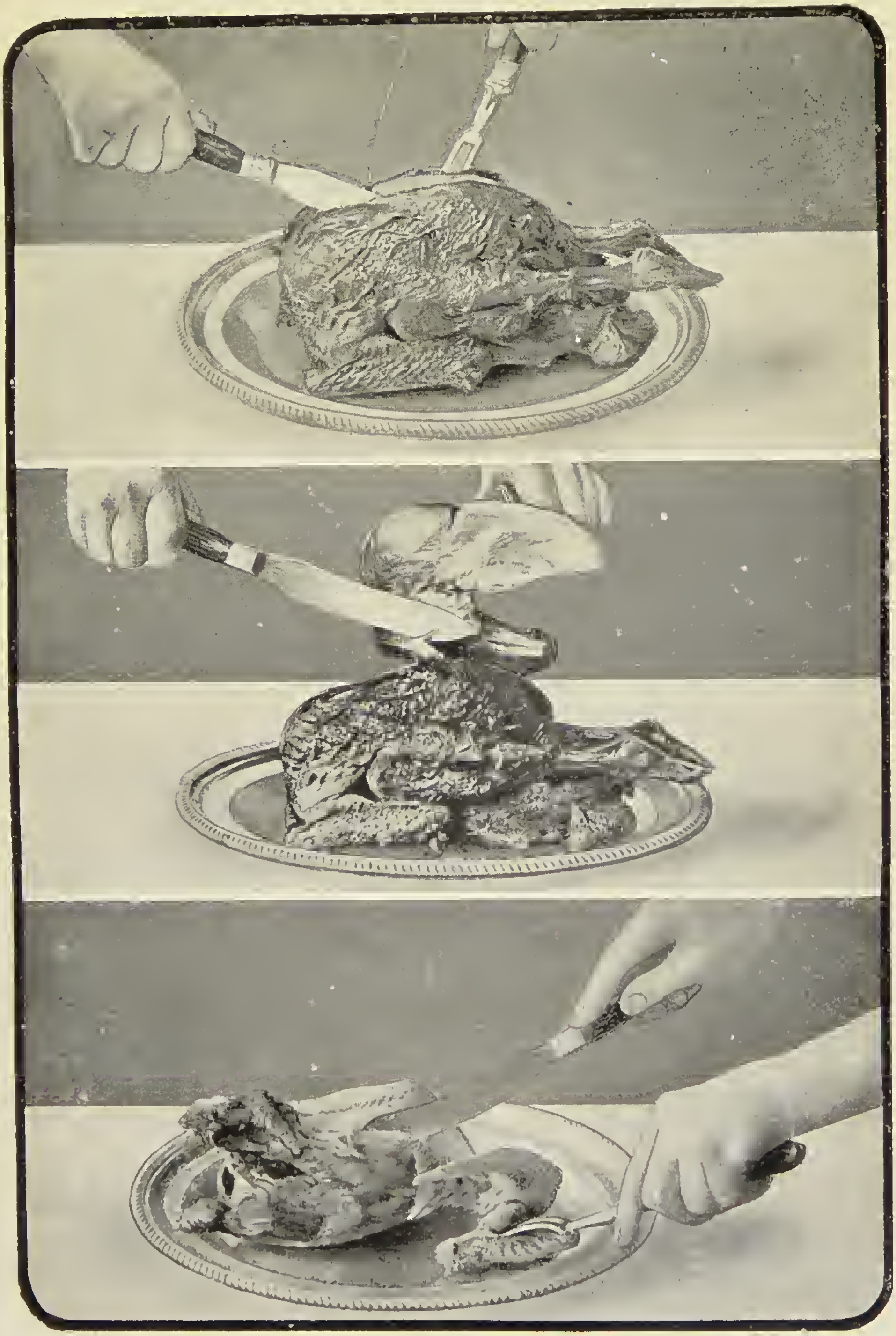
Ham (Illustration No. 4, Fig. 3).—In cutting a ham, the carver must be guided according as he desires to practice economy, or have, at once, fine slices out of the prime part. Under the first supposition he will commence at the knuckle end, and cut off thin slices towards the thick part of the ham, slanting the knife from the thick part to the knuckle. To reach the choicer portion, the knife, which must be very sharp and thin, should be carried quite down to the bone, at the centre of the ham, which is then carved in the manner shown in the illustration.

Leg of Pork.—The knife should be carried sharply down to the bone, clean through the crackling, in exactly the same manner as that described for leg of mutton.

Loin of Pork.—It is essential that this dish should be properly jointed before cooking, and the crackling must be scored. Then divide into neat and even chops.

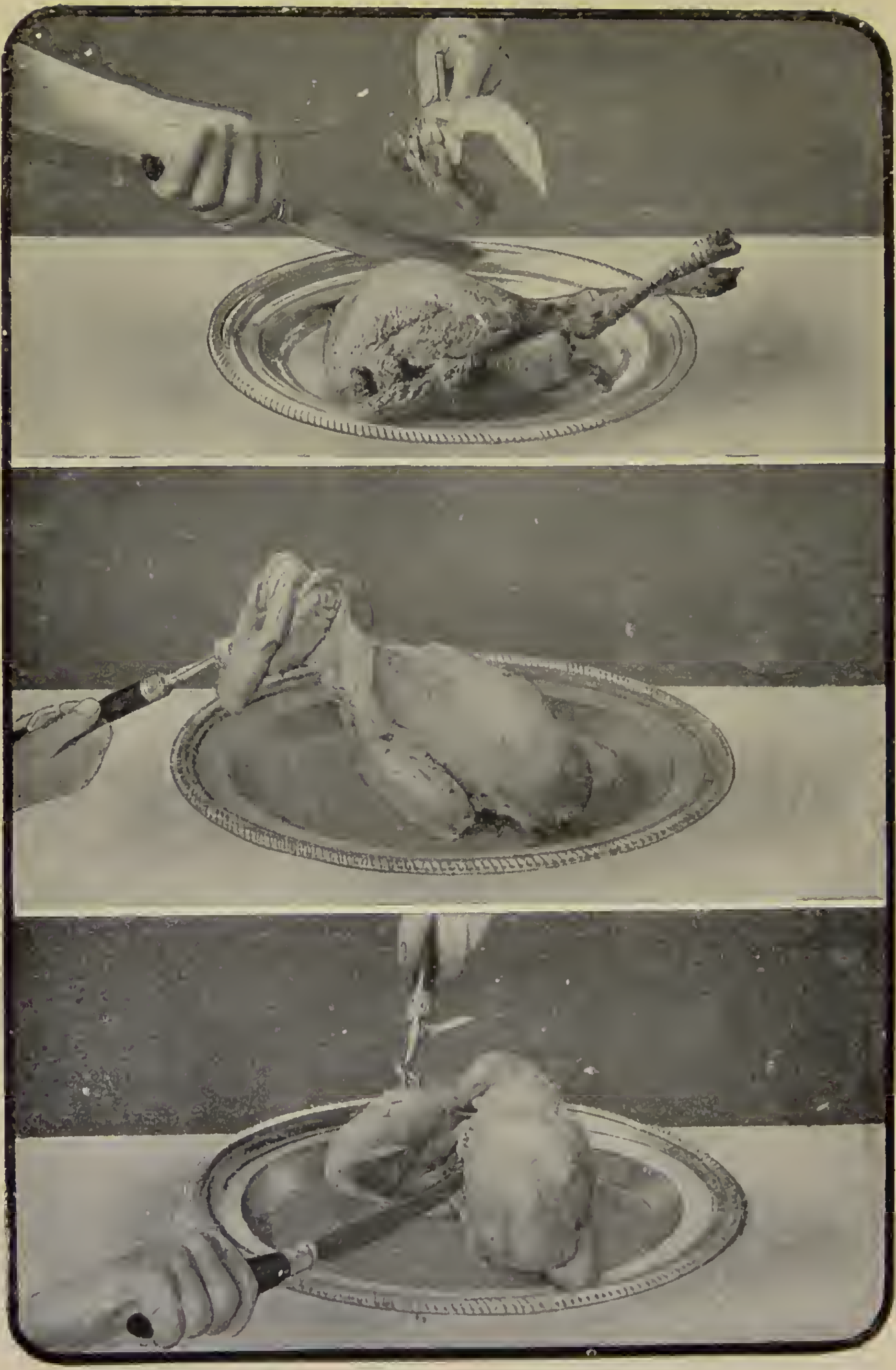
The other dishes of pork do not call for any special remarks as to their carving or helping.

CARVING. No. 7.



1. Roast Turkey. 2. Roast Turkey. 3. Roast Duck.

CARVING. No. 8.



1. Roast Fowl. 2. Boiled Fowl. 3. Boiled Fowl.

TO CARVE POULTRY.

Roast Duck (Illustration No. 7, Fig. 3).—No dishes require so much knowledge and skill in carving as game and poultry, for it is necessary to be well acquainted with the anatomy of the bird and animal in order to place the knife at exactly the proper point. A young duck or duckling is carved in the same manner as a chicken. First remove the wings, then the breast should be cut off the bone in one slice, or several slices if very plump. The legs are next removed and divided at the joints, and the foot and the bone to which it is attached should be cut off before serving. When stuffing has been introduced, the skin should be cut across and the farce scooped out with a spoon. "The wings of a flyer and the legs of a swimmer" are generally considered the best portions.

Boiled Fowl (Illustration No. 8, Figs. 2 and 3).—Though the legs of a boiled fowl are hidden beneath the skin, the method of carving is not affected, and the following directions may be applied to birds either roasted or boiled. The fork should be inserted firmly in the breast of the bird, and with a sharp knife a downward cut made between the thigh and the body, after which an outward turn of the blade of the knife usually detaches the leg sufficiently to allow the joint connecting it to the body to be easily severed. With the fork still inserted in the breast, the next step should be to remove the wings. In doing this a good carver will contrive by cutting widely, but not deeply, over the adjacent part of the breast, to give to the wing the desired shape without depriving the breast of much of its flesh. When carving a large fowl the breast may be sliced; otherwise it should be separated from the back by cutting through the rib-bones, the only difficulty in carving this part being the small hinge-bones near the neck. The breast should be cut across in half, thus providing two portions, to which may be added, when a larger helping is desired, a slice off the thigh. Cut lengthwise into rather thin slices; the legs may be satisfactorily disposed of even when those to be served consist of persons to whom a whole leg could not be offered. To conclude the carving, the back should be turned over with the cut side to the dish, and if the knife be pressed firmly across the centre of it, and the neck raised at the same time with the fork, the back is easily dislocated about the middle. To remove the sockets of the thigh-joints (the side-bones to which is attached choice morsels of dark-coloured flesh) the tail part of the back must be stood on end, and held firmly by means of the fork, while the bones are cut off on either side. The more highly esteemed parts of a fowl are the breast, wings, and merry-thought; the thigh may be served to a gentleman, but the drum sticks should be put aside, and used afterwards in some way that necessitates the flesh being minced. A fowl, when boned and stuffed, is usually cut across in slices.

Roast Fowl (Illustration No. 8, Fig. 1).—Fowls, when roasted, are carved in exactly the same manner as when boiled, therefore the foregoing directions and illustrations render it unnecessary to describe the operation again. When the liver and gizzard have been trussed and cooked with the fowl, the wing to which the liver is attached may be regarded as the choice portion of the bird, and should be offered to the person entitled to the most consideration in this respect. When the fowl is stuffed, a little forcemeat should be served with each portion, but it is better to hand the gravy and bread sauce separately.

Roast Goose.—The breast of a goose is the part most esteemed, therefore when the bird is larger than is necessary to meet the requirements of one meal, it frequently happens that the carving is confined solely to the breast. The carver should, however, consult the tastes of those he is serving with reference to choice of parts, for the leg is sometimes preferred. A large number of slices may be cut off the breast, and as the wing is the part least esteemed, the flesh of the upper part of it may with advantage be included in the slices cut from the breast. When onion farce has been employed it is advisable to ascertain if it be agreeable to the taste of the person for whom the portion of goose is intended, for so many dislike the farce itself, although they may like the flavour imparted to the bird by its use. The directions given for carving a boiled fowl may be applied here, although greater force will most probably be required in detaching the various parts. When the goose is stuffed with onion farce it is nearly always accompanied with apple sauce and gravy, both of which should, when convenient, be handed separately.

Roast Turkey (ILLUSTRATION NO. 7, FIGS. 1 AND 2).—A small turkey may be carved in the same manner as a large fowl (see directions for carving the same); and no bird is more easily carved than a large turkey, for the breast alone may, when properly carved, be made to serve a large number of persons. If more meat is required than the breast provides, the upper part of the wing should be served. When it is necessary for the legs to be carved, they should be severed from the body and then cut into slices. The forcemeat in the crop of the bird should be carved across in thin slices, and when the body is stuffed, the apron should be cut across.

A boiled turkey is carved in the same manner as when roasted.

Pigeon.—Carry the knife entirely through the centre of the bird, cutting it into two precisely equal and similar parts. If it is necessary to make three pieces of it, a small wing should be cut off with the leg on either side, thus serving two guests; and, by this means, there will be sufficient meat left on the breast to send to the third guest.

Rabbits.—In carving a boiled rabbit the knife should be drawn on each side of the backbone, the whole length of the rabbit, thus separating the rabbit into three parts. Now divide the back into two equal parts, then let the leg be taken off, and next the shoulder. This is an easy way to carve a rabbit, though there are other modes equally practical.

A roast rabbit is rather differently trussed from one that is meant to be boiled; but the carving is nearly similar. The back should be divided into as many pieces as it will give, and the legs and shoulders can then be detached in the same manner as those of the boiled animal.

TO CARVE GAME.

Blackcock.—The method of carving blackcock is identical with that for boiled fowl. The breast and the thigh are the only parts esteemed; the latter may be cut lengthwise into thin slices, or served whole.

Wild Duck.—As game is almost universally served as a dainty, these dishes are not usually cut up entirely, but only those parts are served of each which are considered the best flavoured and the primest. Of wild fowl, the breast alone is considered by epicures worth eating. and slices are cut; if necessary, the leg and wing can be taken off by generally following the directions described for carving boiled fowl.

Roast Hare.—Place the hare on the dish with the head at the left hand. Make an incision, and cut along the spinal bone from about the centre of the back to the end. Then cut through the side at the point where the incision was made, and then cut the portion away. Then cut off the hind leg in the way that the leg of a fowl is severed, and afterwards the foreleg or wing. It is the usual plan not to serve any bone in helping hare; and thus the flesh should be sliced from the legs and placed alone on the plate. In large establishments, and where men cooks are kept, it is often the case that the backbone of the hare, especially in old animals, is taken out, and then the process of carving is, of course, considerably facilitated. Plenty of gravy should accompany each helping, otherwise this dish, which is naturally dry, will lose half its flavour, and so become a failure. Stuffing is also served with it, and the ears, which should be nicely crisp, and the brains of the hare, are esteemed as delicacies.

Grouse.—Grouse may be carved in the way first described in carving partridge. The backbone of the grouse is highly esteemed, and this part of many game birds is considered to possess the finest flavour.

Partridges.—The usual method is to carry the knife sharply along the top of the breastbone and cut it quite through, thus dividing the bird into two equal parts. When smaller portions are desired the bird is sometimes divided into three parts. The legs and wings may be easily severed from the body in the manner described for boiled fowl, while the breast, if removed intact, will provide a third helping. Another easy and expeditious way of carving birds of this description is to cut them through the bones lengthwise and across, thus forming four portions. A piece of toast should accompany each portion of bird; sometimes the fried breadcrumbs, bread sauce, and gravy are added by the carver, but it is much better to hand them separately.

Pheasant.—The choice parts are the breast and wings. Carve in exactly the same manner as roast or boiled fowl.

Snipe.—One of these small but delicious birds may be given whole to a gentleman, but in helping a lady it will be better to cut them quite through the centre, completely dividing them into equal and like portions, and put only one-half on the plate.

Haunch of Venison.—An incision being made completely down to the bone, the gravy will then be able easily to flow, when slices, not too thick, should be cut along the haunch, the thick end of the joint having been turned towards the carver, so that he may have a more complete command over the joint. Each guest should be served with a portion of fat ; like mutton, venison soon begins to chill, when it loses much of its excellence.

Woodcock.—This bird may be carved by cutting it exactly into two like portions, or made into three helpings, as described in carving partridge. The backbone is considered the tit-bit of a woodcock, and by many the thigh is also thought a great delicacy.

Landrail.—Landrail is carved in the same manner as snipe.

Ortolans are usually helped whole, but may be divided for ladies

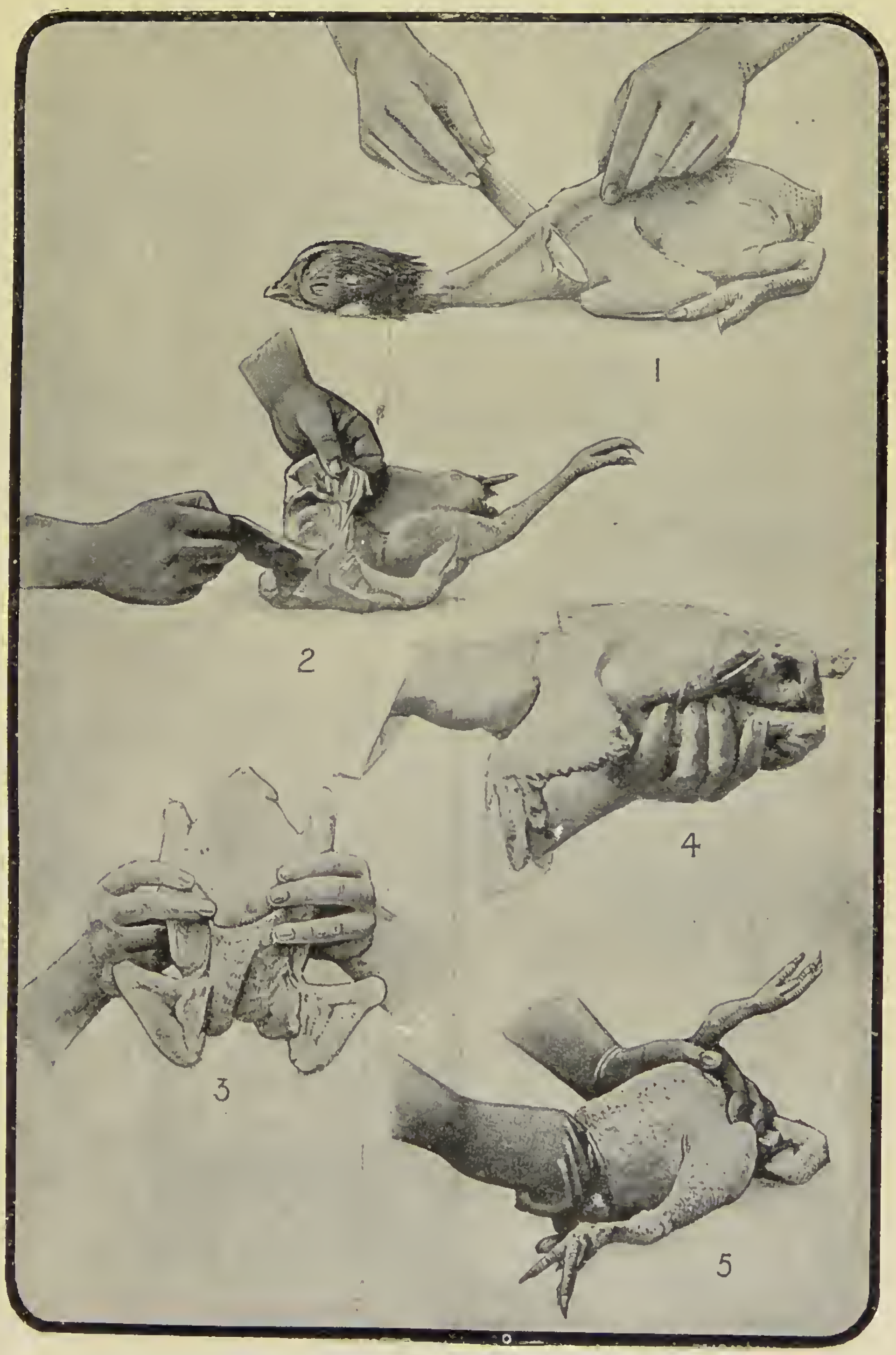
Ptarmigan.—Carve in the same way as grouse and partridge.

Quails are trussed and served and carved like woodcock.

Plovers.—Plovers may be carved like quails or woodcock.

Teal and Widgeon.—Both these birds are trussed and served like wild duck, and should be similarly carved.

TRUSSING. No. 1.



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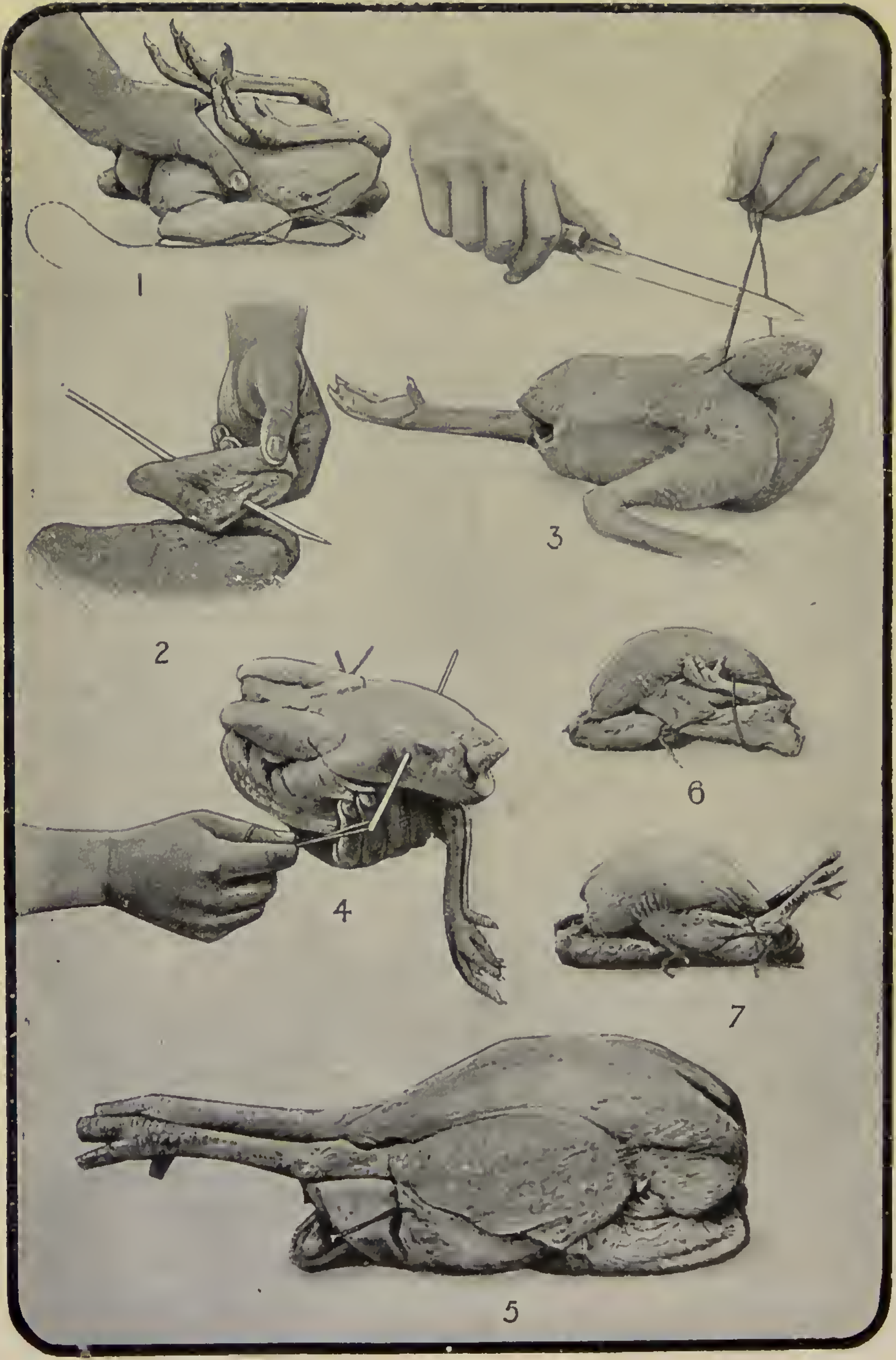
TRUSSING. No. 2.



(See instructions.)

TRUSSING POULTRY AND GAME.

Realising the importance of this branch of the cook's art, and knowing how difficult it is to learn from written instructions, we have prepared a series of illustrations to practically show the various stages in the preparation of game and poultry for different modes of cooking. To obtain these and to ensure their being reliable guides for the uninitiated, we secured the services of a very experienced trusser. The latter, taking each bird or animal in turn, demonstrated the manner of drawing, trussing, etc., at each stage of which a photograph was taken, so that by studying these the amateur will be able to acquire the proper method. Skewers are not now used for trussing fowls and similar small birds, which are always trussed with a needle and twine. This mode not only facilitates the carving, but avoids serving a dish rendered unsightly by skewers or skewer holes. Trussing needles, made of iron, are obtainable from any ironmonger. They are very similar to packing needles—strong and straight, about 9 inches long.

To Pluck a Bird.—Hold the bird in the left hand and commence to pull off the feathers from under the wing. Having plucked one side, take the other wing and proceed in the same manner until all the feathers are removed. Poultry feeders usually pluck birds immediately after killing, because the feathers are more easily withdrawn before the flesh stiffens. Another way is to plunge the bird into hot, but not boiling, water for about one minute, and immediately pull out the feathers. But this is a rather risky method, for if the bird be left too long in the water, the skin becomes tender, apt to be easily torn, and the appearance is thus spoiled.

To Singe Poultry.—Hold the bird by the neck with the left hand, and with the right hand singe off the down with a lighted paper, moving it quickly so as not to scorch the bird ; those parts that will be hidden after the bird is trussed must be most carefully gone over, but it is usual to again singe after trussing. In large kitchens there is sometimes a gas-tube, which is very convenient for singeing poultry, and avoids, to some extent, any chance of burning or scorching during the operation ; but a lighted paper carefully used is all that is necessary.

It is useless to expect singeing to take away the feathers that have been left in through careless plucking ; if any should appear, they must be pulled out, not singed off, otherwise they will impart a disagreeable odour of burnt feathers to the bird.

To Bone Poultry and Game.—Birds are invariably plucked and singed before boning, but not drawn. The crop, however, should be removed, the wings and legs cut off at the first joint, and the tendons of the legs carefully drawn at the same time. To bone the bird, use a small sharp knife, and first remove the merry-thought at the neck. This done, cut the skin down the centre of the back and raise the flesh carefully on either side, sever the wing joints, and continue to detach the flesh, keeping the blade of the knife close to the bone. When the legs are reached, dislocate the joints, cut the connecting tendons, but leave both wings and legs intact until the breast and back bones have been removed, together with the viscera. Turn the body inside out; take the thigh bones of one of the legs in the left hand and strip the flesh downwards. Repeat this until all the small bones are removed. The bird may then be turned right side out again, when it will be found completely boned and should be quite whole.

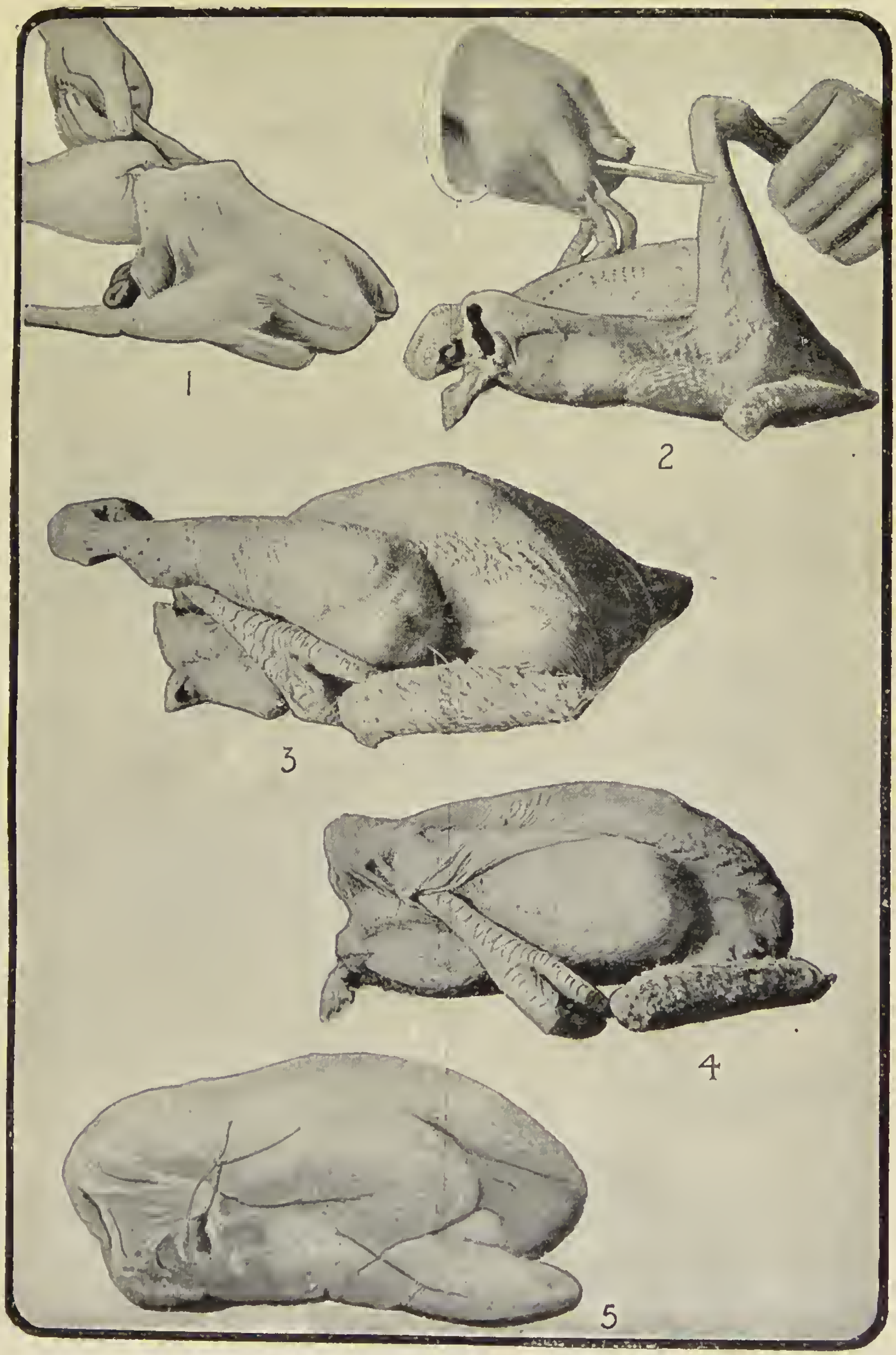
Both large and small birds may be boned in this way. They are then stuffed, re-shaped, and trussed, or rolled into galantines.

To Draw Poultry (Illustration No. 1).—Lay the bird back downwards upon the table, and cut off the ends of the pinions. Then turn the bird breast downwards, and cut a long slit in the back of the neck, in the manner shown in Trussing Illustration No. 1, Fig. 1; pass the knife under the skin, cut off the neck at its junction with the body, taking care not to cut through the under skin of the neck in this motion. Then cut through the skin of the back of the neck at the place where the first incision was made, and through the underneath skin about three inches from the breast, leaving the two flaps of neck skin to fold over the jagged opening (see Figs. 2 and 3), and draw out the neck. Then take out the crop, and well loosen the entrails by placing the forefinger inside the body, and working it round from left to right (see Fig. 4). Put the fowl on the table tail upwards and make a deep cut straight across the body, between the tail and the vent. The vent can then be easily cut out, and the opening will be found sufficiently large to enable the fingers to be put inside the bird to take hold of the gizzard, etc. (see Fig. 5), and if the loosening at the other end has been properly performed, the whole of the inside of the fowl can be easily drawn away in one mass. Care should be taken not to draw away the fat on gizzard. This can be felt with the fingers and may be easily left inside the bird.

Be very careful not to break the gall-bladder, for this accident may ruin the bird by imparting a very bitter taste to the flesh. Now wipe out the inside with a clean cloth, but do not wash the bird, unless any part of the inside has been broken in drawing; dip the legs of the bird in boiling water, scrape them, and cut off the claws.

To Truss a Fowl for Roasting (Illustration No. 2).—Place the fowl upon the table as shown in illustration, and pass the needle and string through the centre of the fowl, just above the thigh-bone, exactly in the centre of the two joints (see Fig. 1), leaving the end of the string protruding from the place where the needle entered the bird. Turn the fowl over on to its breast, and carrying the twine on, pass it in a slanting direction between the two centre bones of the wing, catching

TRUSSING. No. 3.



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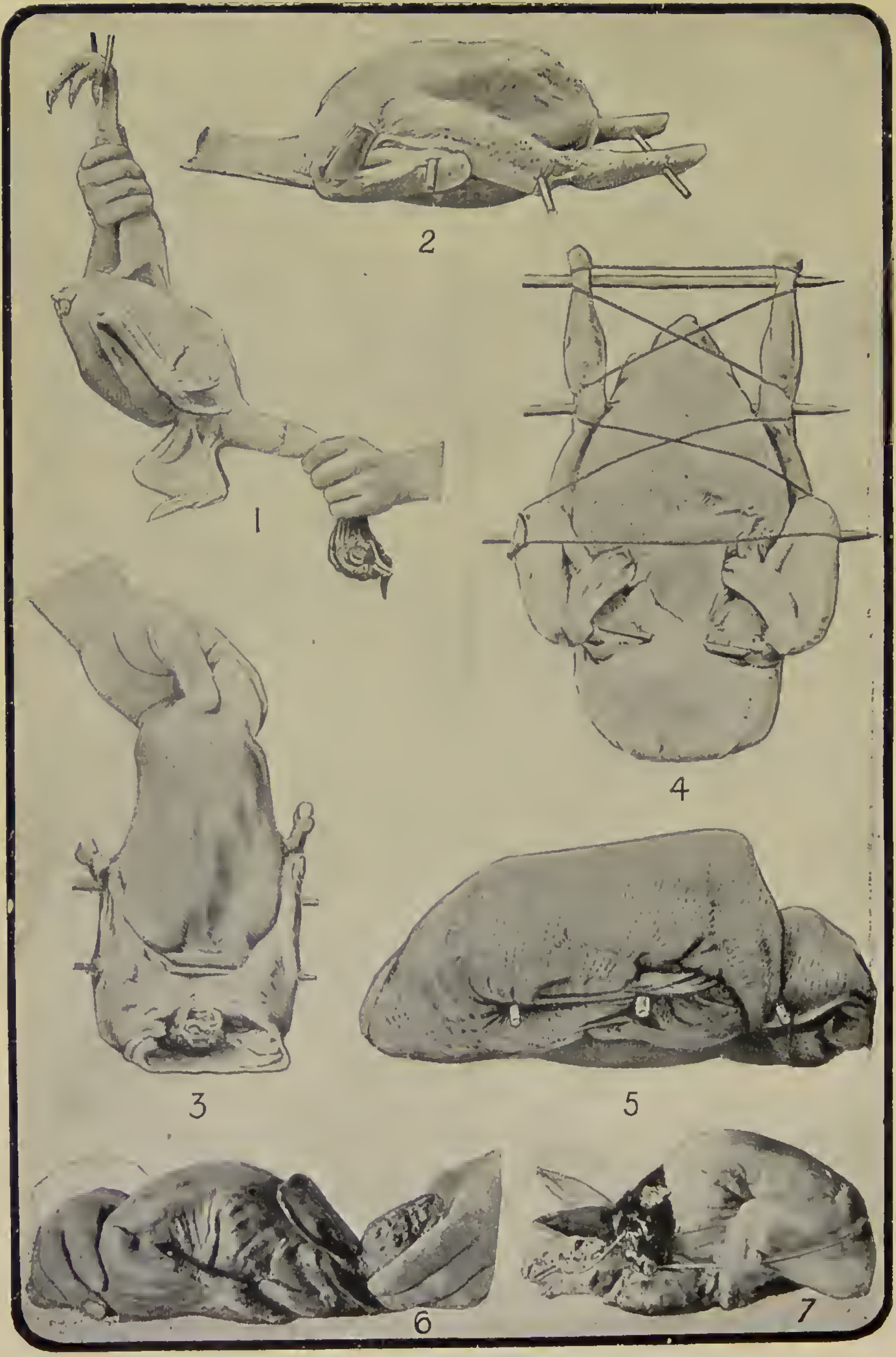
TRUSSING. No. 4.



(See instructions.)

the underneath part of the pinion (see Fig. 2), and then over the bird through the pinion and then the wing of the other side, and the string will come out near the point where it first entered the fowl ; then tie the two ends together, but not too tightly, or the bird will not lie flat on the dish (Fig. 3). Next take the fowl in the left hand, breast downwards, and pass the needle and twine through the back, close to the end of the thigh-bones (Fig. 4) ; put the legs into position shown, turn the fowl on its back, and carry the string over the leg and then through the breast, catching up a small portion of the bone as the needle passes through. Take the string on over the other leg, and tie the ends together, and the bird will be ready for roasting (see Fig. 5).

Now again singe the bird, going over it very carefully, so that no feathers remain ; then, after cleaning and washing the gizzard and liver, put one in each of the pinions.

To Truss a Fowl for Boiling (Illustration No. 3).—It is generally found more difficult for a beginner to truss a fowl for boiling than for roasting, for in loosening the skin and drawing it over the bone it is very easy to tear it.

Loosen the skin of the leg by placing the two first fingers of the hand inside the body, and working round the leg, as shown (Fig. 1). Make a cut in the drumstick of the fowl, about half an inch from the hock (Fig. 2), to prevent the bone from breaking under the next operation. Turn the shank inward on to the back of the fowl (Fig. 3), and draw the skin of the leg over the hock, tucking the joint into the body (as in Fig. 4). Next cut off the shank about half an inch above the foot, i.e., cutting off all the leg and foot that shows in Fig. 4. Sew with needle and string as for roasted fowl (see Fig. 5).

To Truss a Turkey (Illustration No. 4).—Turkeys are plucked and singed in exactly the same manner as fowls, but before trussing draw the sinews. To do this, break the leg bones close to the feet, run them on a hook placed in the wall (*above* you, so that weight as well as strength can be brought to bear), and draw out the sinews as shown in Fig. 1. Next cut off the neck close to the back, leaving enough skin to turn over it, and loosen the liver and the rest of the inside at the throat end. Cut off the vent, take out the gut, and draw the bird with a hook sold for this purpose. Take great care not to break the gut joining the gizzard, for fear of grit, or the gall bladder, which, if broken, would make the flesh bitter. Next dry the inside thoroughly. Cut the breastbone through at each side close to the back, beat it flat with a wooden rolling-pin, then place the pinions as shown in illustration, and skewer (Figs. 2 and 3). Press the legs close to the body and skewer at first and second joints, and the turkey will now be ready for stuffing.

Having filled the bird with the forcemeat (the fuller the better), skewer over the flap of skin, also that at the neck. Turn the bird back uppermost and put a string across and across as shown.

As with a fowl, a boned turkey has sometimes the legs put inside, so that less stuffing is needed, and the aim is not to preserve its form, but to make it present a broad smooth surface that is easy to carve.

To Truss a Goose or Duck (Illustration No. 4, Fig. 5).—Geese and ducks are prepared, drawn, and trussed in the same manner as fowls and turkeys, except that the wings or pinions are cut off at the first joint. The feet of a goose are often removed, but those of a duck are just as frequently left on, the tips of the toes alone being cut off.

To Truss Grouse.—When plucking leave the breast feather for removal afterwards, in order to prevent the skin being broken in trussing. First cut off the head, leaving enough skin to skewer back, loosen the inside at neck and squeeze out and wipe the inside of the bird. Secondly, bring the legs close to the breast, between it and the side bones, and pass a needle through the pinions and the thick part of the thighs, tie round, then take off the breast feathers with the aid of a knife, thus avoiding the breaking of the skin.

Partridges and pheasants are trussed in the same manner, but the latter can be drawn in the same way as a fowl.

To Truss a Pigeon (ILLUSTRATION NO. 2, FIGS. 6 AND 7).—First pluck and draw the bird, wash it very thoroughly and wipe perfectly dry. Then cut off the neck and head, and the toes at the first joint. Truss for roasting by crossing the legs and running a trussing needle and twine through both pinions and legs (Fig. 7). For stewing, twist the legs up on each side and fasten with a trussing needle and twine (Fig. 6). Pigeons are better if drawn directly they are killed.

To Truss Snipe, Plovers, Quails, and Woodcock.—First pluck the birds, and wipe them outside with a damp cloth, but do not draw them. Twist the legs, thrust them close to the body; skin the neck and head, and bring the beak round under the wing. The birds should then be placed on toast.

To Skin and Truss a Hare (ILLUSTRATION NO. 4, FIGS. 6 AND 7).—Cut off the fore and hind legs at the first joint, make a long slit in the skin underneath the body, detach it from the flesh, and draw it over the hind legs, leaving the tail on. The next step is to draw the skin over the back and slip out the fore legs, easing it with a knife, if necessary, over the neck and head, and being very careful not to injure the ears, which are left on. In skinning this is the most delicate part, and one that is always found difficult by the amateur, but the appearance of a roast hare is spoilt if the ears are torn or otherwise injured.

To hang the hare on a hook is a most convenient way of accomplishing the skinning. Slit the body in the same direction as the skin was cut, remove all the viscera except the kidneys, and wipe the inside with a clean, damp cloth. Next cut the sinews beneath the hind legs and press them towards the head, and bring the fore-legs backwards to the hind ones. A skewer can then be passed through the two legs on one side, through the body and the two legs on the other side, the chief part of the trussing being thus effected by means of one skewer. Press back the head (Fig. 6), pass a skewer through the top of the shoulder, the back of the neck, and out through the top of the opposite shoulder.

To Truss a Rabbit for Roasting or Boiling.—Empty, skin and wash the rabbit, wipe it dry, and take out the eyes. Then cut off the fore-joints of the shoulders and legs, and fasten close to the body with needle and twine; raise the head and skewer it back between the shoulders. Put stuffing in (if liked) when roasting, and sew up.

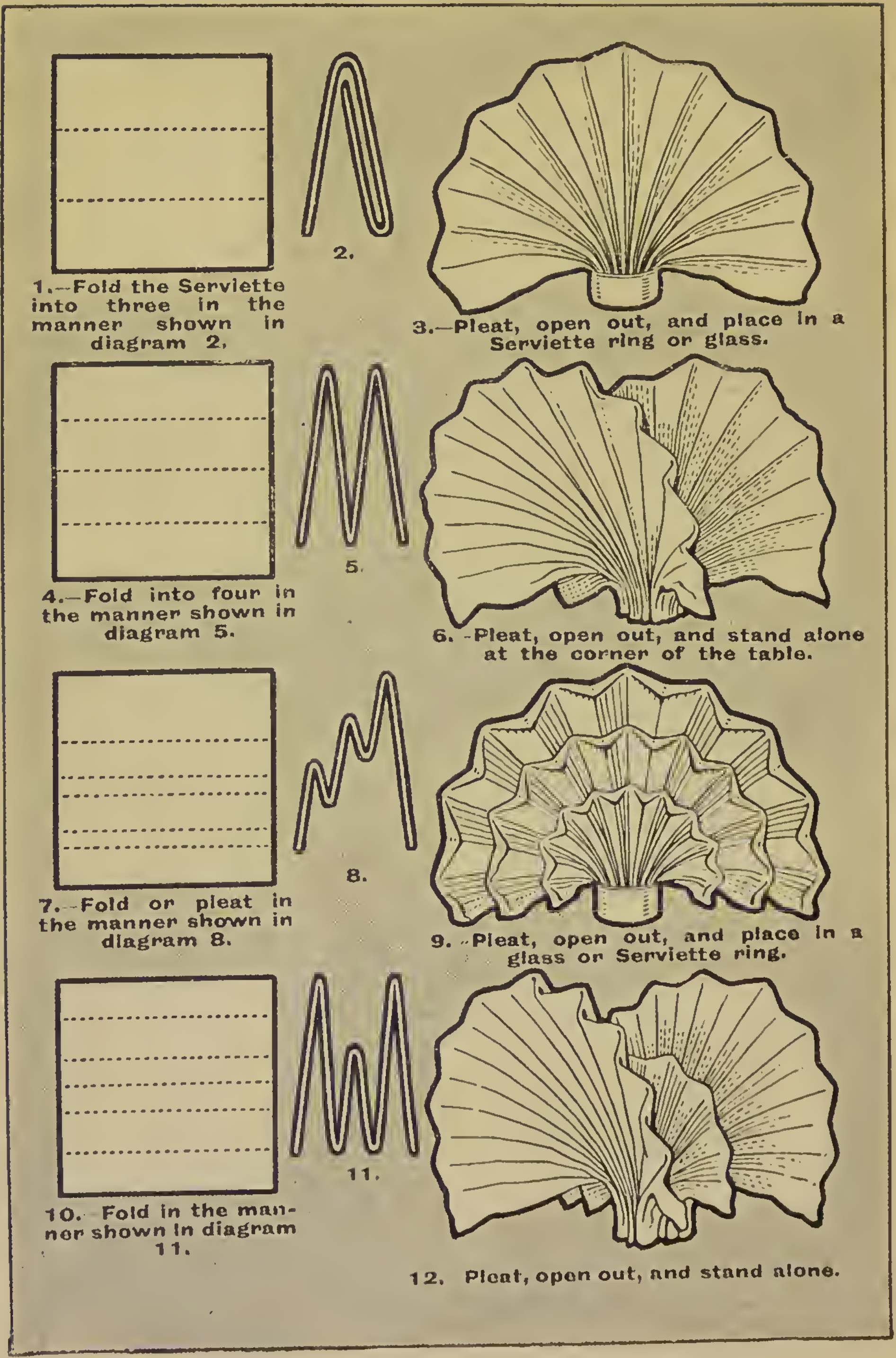
SERVIETTES.

THE serviettes or table napkins should be neatly and tastefully folded when first put on the table. In ordinary family use they are often folded smoothly and slipped through napkin rings made of silver, ivory, or bone ; in fact, after the first use this is usually done, each member of the family having his own marked ring. In the following pages we give instructions and illustrations showing a few ways of making these useful articles an ornament to the table, but these fancy designs are not fashionable in the household now, and the serviette should simply be folded neatly and laid flat on the plate.

The accompanying engravings depict popular designs and the methods of folding them. It must, however, be remembered that it is useless to attempt anything but the most simple forms unless the napkins have been slightly starched and smoothly ironed. In every case the folding must be exact, or the result will be slovenly and unsightly.

The usual size of these indispensable accompaniments to the dinner table is a square measuring about 30 inches. The designs in the following pages are worked out with a square serviette, and there is a diagram showing how each fold is made and the effect that is produced in every case.

A small dinner roll or a piece of bread cut thick, about 3 inches square, should be placed in each napkin, when such designs as "The Mitre," are used, and the appearance of the dinner-table may be greatly improved by putting a flower or small bouquet in napkins folded into other patterns.



1.—Fold the Serviette into three in the manner shown in diagram 2.

3.—Pleat, open out, and place in a Serviette ring or glass.

4.—Fold into four in the manner shown in diagram 5.

6.—Pleat, open out, and stand alone at the corner of the table.

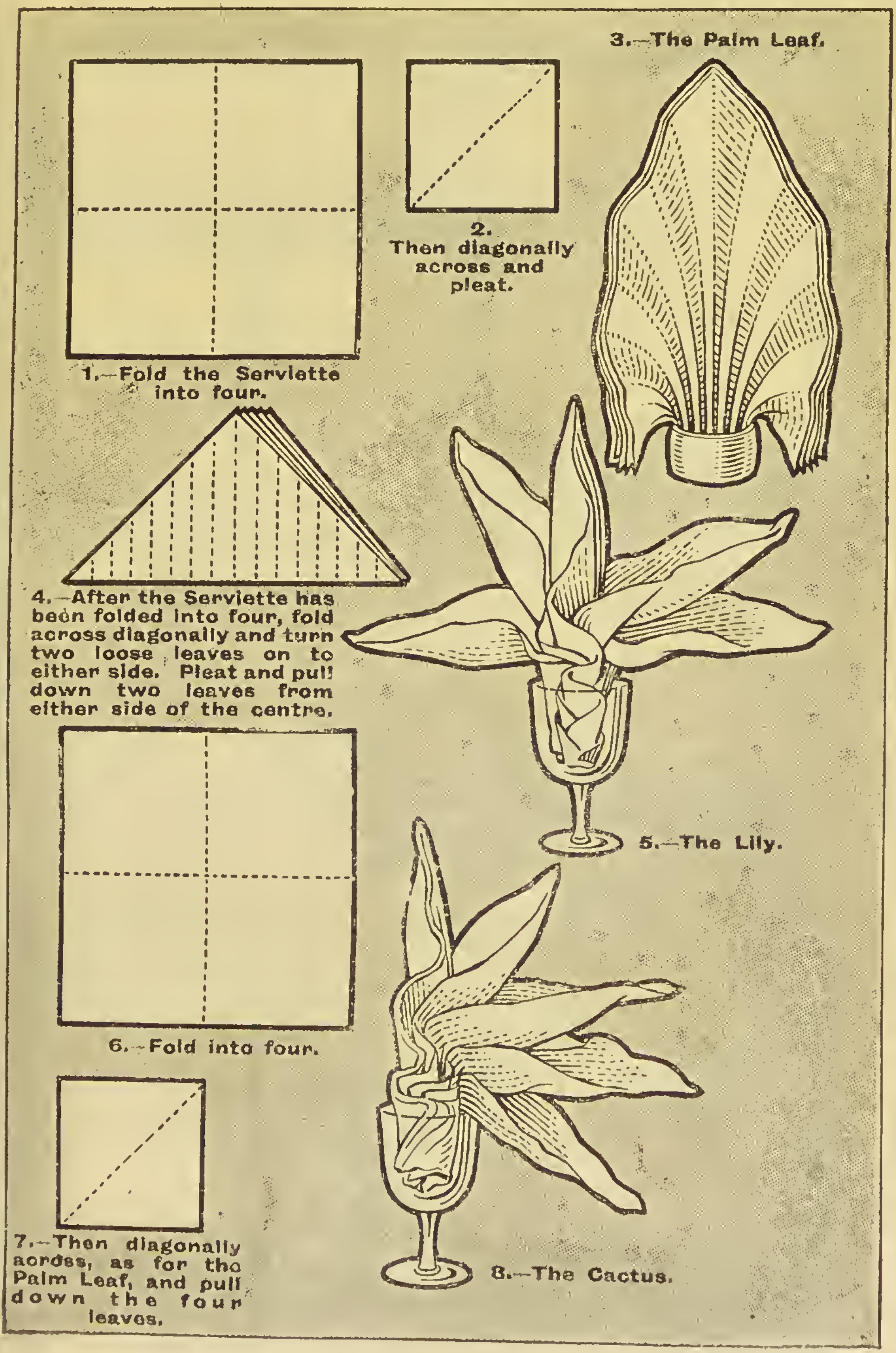
7.—Fold or pleat in the manner shown in diagram 8.

9.—Pleat, open out, and place in a glass or Serviette ring.

10.—Fold in the manner shown in diagram 11.

12. Pleat, open out, and stand alone.

THE FAN.



1.—Fold the Serviette into four.

2. Then diagonally across and pleat.

3.—The Palm Leaf.

4.—After the Serviette has been folded into four, fold across diagonally and turn two loose leaves on to either side. Pleat and pull down two leaves from either side of the centre.

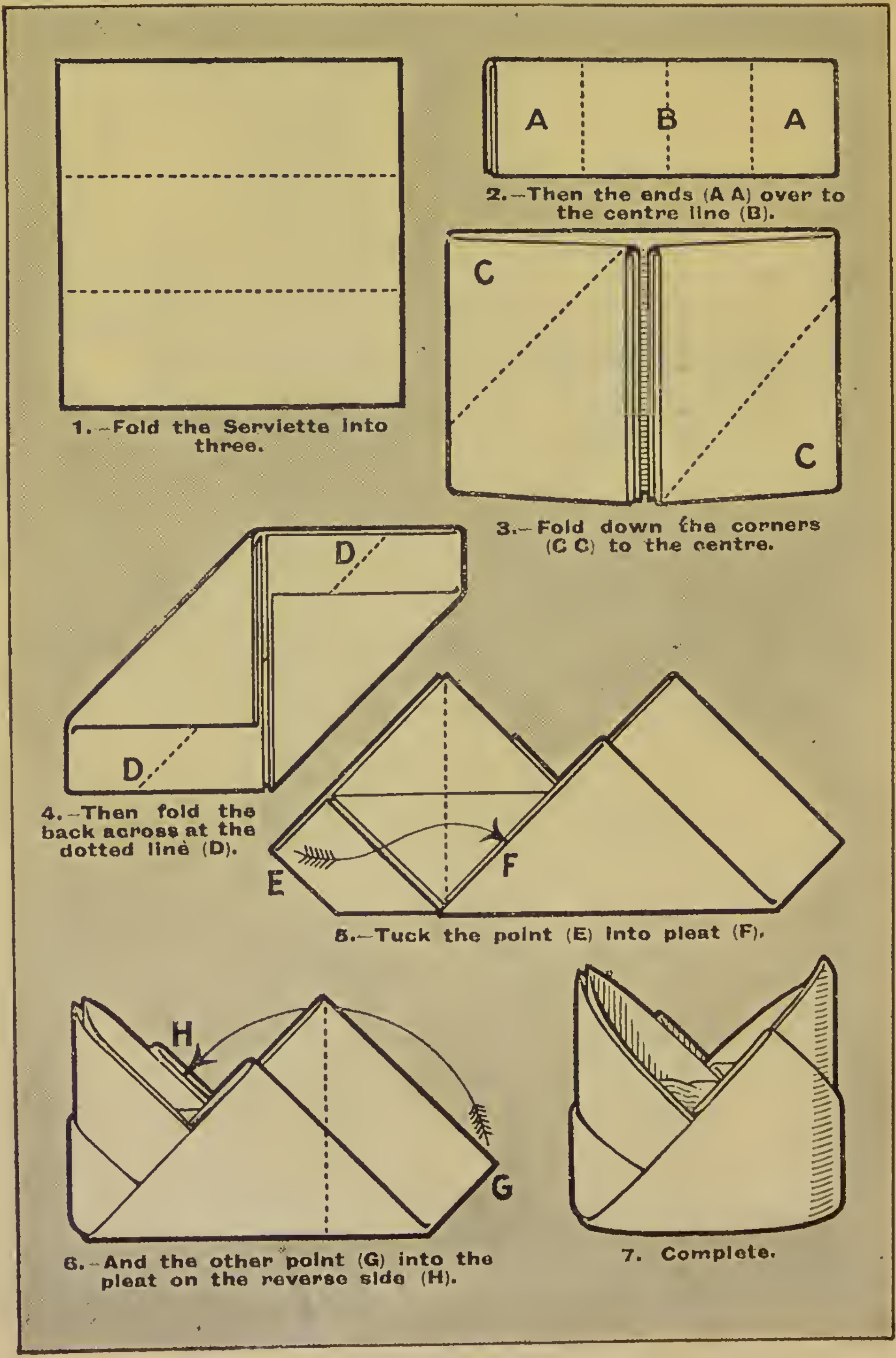
5.—The Lily.

6.—Fold into four.

7.—Then diagonally across, as for the Palm Leaf, and pull down the four leaves.

8.—The Cactus.

THE PALM, THE LILY, AND THE CACTUS.



1.—Fold the Serviette into three.

2.—Then the ends (A A) over to the centre line (B).

3.—Fold down the corners (C C) to the centre.

4.—Then fold the back across at the dotted line (D).

5.—Tuck the point (E) into pleat (F).

6.—And the other point (G) into the pleat on the reverse side (H).

7. Complete.

THE MITRE.

MENU-MAKING.

The successful compilation of menus, which to the inexperienced presents many difficulties, requires much more than a superficial knowledge of the materials used in cooking, and their method of preparation and serving.

In considering the three chief points of a menu, the first, *the materials to be provided*, depends upon the occasion, the season, and the number of persons to be provided for. The more elaborate the meal, the more difficult is the task of selecting dishes which, while they differ from one another in material, appearance, and flavour, will yet, when blended together, form a harmonious whole. Nothing can be more unsatisfactory than a series of badly-assorted dishes selected without consideration for variety in composition, flavour, and colour.

Dishes appropriate to the season should also be selected, for when food materials are plentiful they are comparatively good and cheap. Moreover, a larger proportion of fruits and salads, and light dishes generally, should be introduced in summer, while in colder weather more substantial food will be found acceptable.

The success of a dinner does not depend upon the number of dishes introduced. It is far better to have fewer courses well cooked and well served than an elaborate, pretentious, badly-cooked meal.

There are certain rules which must at all times be observed. The inexperienced are apt to forget that if two soups are served they must be entirely opposite in character and consistency; that two brown or white sauces may not follow each other; and that each dish should vary in colour and taste from that served before and after it.

Arranging Menus.—A complete dinner consists of eight courses, arranged in the following order:—

1. Hors d'œuvre,
2. Soup,
3. Fish,
4. Entrée,
5. Remove,
6. Rôti,
7. Entremets,
8. Dessert.

Hors d'œuvre.—In recent years *hors d'œuvre* have rapidly gained favour and nearly always appear on elaborate menus. The term *hors d'œuvre* is now applied exclusively to such cold trifles as oysters, sardines, anchovies, fillets of herring, prawns, olives, and radishes served as a relish or appetiser at the commencement of a dinner; but it originally extended to rissoles, croquettes, oyster-patties, and such things a previous generation classed as "side-dishes," which are now served as light *entrées*. When the term *hors d'œuvre* appears after the fish, as it does in many old bills of fare, it refers to this class of dishes, rather than to the savoury appetisers now in vogue.

The *hors d'œuvre* dishes are frequently placed on the plates before the guests enter the dining-room.

Soups.—When the number does not exceed twelve, one soup alone is necessary, and with but few exceptions clear soup is given preference to, being more generally appreciated than a thick soup. When two soups are served, one should be clear and the other a thick soup, cream or purée, and in such cases the clear soup should be served first and be placed first on the menu. If either of the latter consists of vegetables, the clear soup must contain no vegetable garnish. According to the same rule, if a purée of chicken or hare be served, neither chicken nor hare must appear in the courses that are to follow. The soups should also vary in colour; and here the green of the spinach and pea soups, and the red of the tomato soup; will be found useful when the dinner has a preponderance of white or brown dishes.

Fish.—When two kinds of fish are included in the course, it is usual to serve first that which is boiled, and generally a large fish, such as turbot, salmon, or cod; cold salmon would be served *after* the hot fish. Some small fish should be selected to follow the large boiled one, and it must be prepared by some dry method as frying, grilling, or broiling. Should the service consist of grilled or fried fish, and lobster or oyster soufflés, or fish dressed in small portions to be handed round instead of being served from the sideboard, the latter would follow the grilled fish. Considerable discretion must be exercised in selecting sauces to accompany the fish. It may happen that a green soup has been given to form a contrast to the white fish to follow; if this be so, a green sauce cannot be served with the fish, neither can a yellow one, if a sauce of that colour has been chosen to accompany the grilled or fried fish. And throughout the whole dinner the same care is necessary to avoid repetition.

Entrées.—In the present day the term *entrée* is used to distinguish practically all kinds of made dishes, from the simple rissole of cold meat to the artistic productions for which this part of the dinner provides such ample scope. As *entrées* are always handed, they come more under the direct observation of the guest than any other part of the service, consequently it is upon the dishes forming this course that the taste and skill of the cook is largely bestowed. Tasteful dishing and a little artistic decoration is desirable, but over-ornamentation is in bad taste, and should be studiously avoided. All such light dishes as rissoles, croquettes, quenelles, and kromeskis come before the more substantial *entrées* of fillets and cutlets. Whether a brown or white *entrée* should be served first depends partly on the dish to follow, but in a greater measure on the composition of the respective dishes. For instance, if the dishes selected are sweetbread, and chicken cooked in a rich brown sauce, as Chicken à la Marengo, the sweetbread, being more delicate in flavour, would be more likely to be appreciated if it preceded the highly-flavoured brown *entrée* than if it followed it. Hot *entrées* are always served before cold ones: and an *entrée* of any small bird, such as quails, would be served before a more substantial *entrée* of poultry, game, or meat. Sauces are usually served in the dish poured round the *entrée* in many cases, poured over it in some few. The exception to this rule is when soufflés and other mixtures are served in china or paper cases, and the accompanying sauce is served in a sauce-boat.

Removes.—The joint, or *pièce de résistance*, constitutes the most substantial part of fashionable dinners, and the most important feature of plain homely dinners. Although a saddle of mutton or sirloin or fillet of beef frequently comprise this course, one's choice is not necessarily confined to joints of meat, for turkeys, chickens, geese, ducks, pies, venison, etc., may all be served instead. If there are two removes, the poultry is served before the joint of meat. Appropriate, plainly-dressed vegetables are always served with the "remove," but it is a matter of choice as to whether they appear on the menu ; and the same remark applies to such sauces as mint and horseradish, and other things which always accompany certain dishes.

Roasts.—The term roast, or *rôti*, signifies a dish of poultry or game, such as partridges, grouse, pheasants, woodcock, guinea fowls, turkeys, chickens, ducks, geese, and a variety of other things. When arranging the menu for a *recherché* dinner some luxury not in full season is usually selected, some delicacy to tempt the partially-appeased appetites of the guests. In a more simple dinner this course is frequently omitted altogether.

Entremets.—The term *entremets* applies to all vegetable dishes, jellies, pastries, salads, prawns, lobsters, and in general to everything that appears in the second course, except the roast."

Entremet of Vegetables.—Although *entremets* may be classed under one heading, the service consists of three courses as distinct in themselves as those of soup, fish, and *entrée*. The first, the vegetable *entremet*, comprises one or more dishes of dressed vegetables, such as cauliflower *au gratin*, tomatoes prepared in a variety of ways, savoury cucumber, vegetable marrow fritters, peas, celery, French beans, and asparagus. Dressed vegetables, like *hors d'œuvres*, have gained rapidly in favour during recent years.

Sweets.—When both hot and cold sweets are provided, the hot dish is served first. All sweets, whether hot or cold, come before iced puddings or ices, which, when large, are served in this course. Smaller ices may be served either in this course or with the dessert. In selecting the sweets, their colours and flavours should be carefully assorted, but there is such a variety of creams, jellies, babas, savarins, puddings, and fruits to choose from that little difficulty is experienced.

Savouries.—Savouries are intended to prepare the palate for the taste of the choice wines which usually follow a good dinner. A piquant, rather strong appetising flavour is an essential in a savoury, and they are so quickly and easily decorated that it is an easy matter to provide a combination pleasing alike to the eye and the palate. They exist in endless variety, and there is no necessity to use things that have already figured as *hors d'œuvres*.

Dessert.—Cheese is served immediately after the savouries. Any kind of fresh fruit may be selected, also dried fruits, crystallized fruits, bon-bons, petits fours, fancy biscuits, and dessert ices.

FAMILY BREAKFASTS FOR A WEEK IN SUMMER.

Sunday.—Soused herrings, boiled eggs, cold ham, fresh fruit in season, marmalade, jam, butter, dry toast, bread, coffee, tea, hot and cold milk.

Monday.—Poached eggs, bacon, potted beef, fresh fruit in season, marmalade, jam, butter, dry toast, rolls, bread, coffee, tea, hot and cold milk.

Tuesday.—Fish cakes, galantine of beef, fresh fruit in season, marmalade, jam, butter, dry toast, rolls, bread, coffee, tea, hot and cold milk.

Wednesday.—Scrambled eggs, croquettes of veal and ham, spiced brisket of beef, fresh fruit in season, marmalade, jam, butter, dry toast, scones, bread, tea, coffee, hot and cold milk.

Thursday.—Broiled kippers, baked eggs, veal cake, fresh fruit in season, marmalade, jam, butter, dry toast, rolls, bread, coffee, tea, hot and cold milk.

Friday.—Kidney omelet, potted salmon, tongue, fresh fruit in season, marmalade, jam, butter, dry toast, scones, bread, coffee, tea, hot and cold milk.

Saturday.—Findon haddock, grilled cutlets, cold ham, fresh fruit in season, marmalade, jam, butter, dry toast, rolls, bread, coffee, tea, hot and cold milk.

FAMILY BREAKFASTS FOR A WEEK IN WINTER.

Sunday.—Grilled kidneys, baked halibut steaks, cold ham, stewed figs, marmalade, jam, butter, dry toast, toasted scones, bread, coffee, tea, hot and cold milk.

Monday.—Scrambled eggs, grilled cutlets, tongue, marmalade, jam, butter, dry toast, rolls, bread, coffee, tea, hot and cold milk..

Tuesday.—Fried whiting, stewed kidneys, veal cake, marmalade, jam, butter, dry toast, rolls, bread, coffee, tea, hot and cold milk.

Wednesday.—Croquettes of fish, Vienna steaks, brawn, stewed prunes, marmalade, jam, butter, dry toast, rolls, bread, coffee, tea, hot and cold milk.

Thursday.—Findon haddock, sausages, pressed beef, marmalade, jam, butter, dry toast, toasted scones, bread, coffee, tea, hot and cold milk.

Friday.—Savoury omelet, grilled ham, beef roll, marmalade, jam, butter, dry toast, toasted teacake, rolls, bread, coffee, tea, hot and cold milk.

Saturday.—Broiled fresh herrings, boiled eggs, game pie, marmalade, jam, butter, dry toast, rolls, bread, coffee, tea, hot and cold milk.

ECONOMICAL FAMILY BREAKFASTS FOR A WEEK.

Sunday.—Boiled eggs, cold bacon, marmalade, butter, toast, bread, coffee, tea, hot and cold milk.

Monday.—Findon haddock, marmalade, butter, toast, bread, coffee, tea, hot and cold milk.

Tuesday.—Scrambled eggs, beef roll, marmalade, butter, toast, bread, coffee, tea, hot and cold milk.

Wednesday.—Fish cakes, marmalade, butter, toast, bread, coffee, tea, hot and cold milk.

Thursday.—Brawn, marmalade, butter, toast, bread, coffee, tea, hot and cold milk.

Friday.—Rissoles of cold meat, marmalade, butter, toast, bread, coffee, tea, hot and cold milk.

Saturday.—Broiled fresh herrings, boiled eggs, marmalade, butter, toast, bread, coffee, tea, hot and cold milk.

FAMILY LUNCHEONS FOR A WEEK IN SUMMER.

Sunday.—Croquettes of veal and ham, cold roast beef, salad, new potatoes, fruit tart, beetroot, pickles, butter, cheese, bread, biscuits, fruit.

Monday.—Spaghetti au gratin, epigrammes of lamb, new potatoes, bread and butter pudding, butter, cheese, bread, biscuits, fruit.

Tuesday.—Fried fillets of plaice, beef roll, salad, gooseberry pudding, butter, cheese, bread, biscuits.

Wednesday.—Risotto, cold veal and ham pie, salad, blancmange and stewed fruit, butter, cheese, bread, biscuits.

Thursday.—Fish cakes, cold lamb, mint sauce, salad, gooseberry fool, butter, cheese, bread, biscuits.

Friday.—Savoury omelet, pressed beef, salad, pickles, marmalade pudding, butter, cheese, bread, biscuits, fruit.

Saturday.—Salmon mayonnaise, grilled cutlets, potatoes, cottage pudding, butter, cheese, bread, biscuits, fruit.

FAMILY LUNCHEONS FOR A WEEK IN WINTER.

Sunday.—Veal cutlets, cold roast beef, baked potatoes, apple tart, custard, beetroot, pickles, butter, cheese, bread, biscuits, fruit.

Monday.—Croquettes of veal and ham, beef steak pudding, mashed potatoes, macaroni pudding, butter, cheese, bread, biscuits, fruit.

Tuesday.—Curry of cold meat, grilled steak, fried potatoes, apple dumplings, butter, cheese, bread, biscuits.

Wednesday.—Baked halibut, calf's liver and bacon, mashed potatoes, Swiss roll and custard, butter, cheese, bread, biscuits, fruit.

Thursday.—Risotto, stewed rabbit, mashed potatoes, apple pudding, butter, cheese, biscuits, bread.

Friday.—Scalloped cod, braised neck of mutton, mashed potatoes, tapioca pudding, butter, cheese, bread, biscuits, fruit.

Saturday.—Spaghetti with cream sauce, beef steak and kidney pie, baked potatoes, apple charlotte, butter, cheese, biscuits, bread.

ECONOMICAL FAMILY LUNCHEONS FOR A WEEK.

Sunday.—Exeter stew, mashed potatoes, apple charlotte, cheese, bread.

Monday.—Pie of cold meat and potato, cabbage, pancakes, cheese, bread.

Tuesday.—Lentil soup, baked fresh herrings, rice pudding, cheese, bread.

Wednesday.—Meat cakes, baked potatoes, boiled bread pudding, cheese, bread.

Thursday.—Liver and bacon, mashed potatoes, boiled rice and golden syrup, cheese, bread.

Friday.—Shepherds' pie, baked potatoes, baked bread pudding, cheese, bread.

Saturday.—Savoury sparerib, mashed potatoes, Betsy pudding, cheese, bread.

SUGGESTIONS FOR MENUS FOR A WEEK'S DINNERS. SPRING.

Sunday.—Spring soup, baked sole, noisette of lamb, grilled tomatoes, fried potatoes, roast chicken, salad, almond pudding or rice cream, cheese fritters.

Monday.—Tomato soup, fried smelts, tartare sauce, stewed pigeons, loin of mutton, baked young turnips, potatoes (German style), cabinet pudding or apple fool, anchovy toast.

Tuesday.—Clear soup with quenelles, boiled brill, shrimp sauce, fillets of beef, baked cauliflower, fried potatoes, roast ptarmigan, salad, chocolate pudding or vanilla cream, mushroom on toast.

Wednesday.—Artichoke soup, baked red mullet, lamb's sweetbread, braised beef, seakale, new potatoes, apple charlotte or caramel pudding, cheese straws.

Thursday.—Clear soup with nouilles, scalloped cod, mutton cutlets, French beans, potato straws, wild duck, orange salad, jam fritters or oranges in jelly, devilled sardines.

Friday.—Rice soup, fried fillets of whiting, stewed ox-tail, potato balls, braised capon and tongue, asparagus, apple amber or banana cream, baked spaghetti.

Saturday.—Clear soup with custard, fried scallops, braised duck with turnip, saddle of lamb, green peas, potato soufflé, Viennoise pudding or fruit in jelly, fried anchovies.

SUGGESTIONS FOR MENUS FOR A WEEK'S DINNERS.—SUMMER.

Sunday.—Clear soup, stewed sole, veal cutlets, French beans, fried potatoes, roast duck, bigarade sauce, salad, apricot bouchées or vanilla cream ice, cheese soufflé.

Monday.—Green pea purée, whitebait, vol-au-vent of chicken, saddle of mutton, green peas, new potatoes, strawberries in jelly or Napolitaine ice, stuffed mushrooms.

Tuesday.—Clear soup, scalloped turbot, beef olives, cauliflower, new potatoes, roast guinea fowl, salad, Garibaldi cream or coffee cream ice, caviare on toast.

Wednesday.—Queen soup, salmon mould, chicken sauté, roast leg of lamb, green peas, tossed potatoes, gooseberry tart or strawberry cream ice, cheese pastry.

Thursday.—Clear soup, grilled cod, fillets of beef, scalloped tomatoes, potato straws, roast turkey poult, salad, jubilee pudding or pineapple cream, herring roes on toast.

Friday.—Potato soup, lobster mayonnaise, pigeons farced, saddle of lamb, French beans, potato puffs, vanilla cream or raspberry cream ice, Russian croûtes.

Saturday.—Cucumber cream, boiled salmon, green sauce, mutton cutlets, green peas, potato croquets, roast poularde, salad, strawberry cream or royal pudding, smoked haddock soufflés.

SUGGESTIONS FOR MENUS FOR A WEEK'S DINNERS.—AUTUMN.

Sunday.—Clear mulligatawny soup, boiled turbot, oyster sauce, fricandeau of veal, French beans, fried potatoes, roast pheasant, salad, apple charlotte or rice cream, devilled chickens' livers.

Monday.—Lobster soup, whiting soufflé, stewed pigeons, risole potatoes, saddle of mutton, cauliflower, boiled potatoes, vanilla soufflé or fruit in jelly, anchovy fritters.

Tuesday.—Clear soup, fillets of sole, fillets of beef, vegetable marrow, potato straws, roast partridge, salad, college pudding or almond cream, cheese soufflé.

Wednesday.—Ox-tail soup, scalloped brill, salmi of pheasant, stuffed cucumber, roast beef, Brussels sprouts, Parisian potatoes, lemon pudding or bananas in jelly, stuffed mushrooms.

Thursday.—Clear soup, fillets of whiting, mutton cutlets, Jerusalem artichokes, fried potatoes, roast chicken, salad, apple fritters or pineapple charlotte, caviare on toast.

Friday.—Haricot bean soup, fried cod, tartare sauce, chicken and rice, loin of mutton, baked tomatoes, mashed potatoes, Viennoise pudding or meringues, devilled shrimps.

Saturday.—Clear soup, baked sole, calf's head, roast hare, French beans, fried potatoes, jam omelet or Swiss pudding, cheese straws.

SUGGESTIONS FOR MENUS FOR A WEEK'S DINNERS.—WINTER.

Sunday.—Clear soup, grilled fillets of turbot, salmi of pheasant, saddle of mutton, tomatoes and spinach, fried potatoes, apple amber or oranges in jelly, stuffed olives.

Monday.—Mock turtle soup, baked sole, fillets of beef, French beans, fried potatoes, roast chicken, salad, Italian pudding or savarin with pineapple, cheese fritters.

Tuesday.—Clear mulligatawny soup, baked fillets of whiting, mutton cutlets, Brussels sprouts, potato croquets, roast woodcock, salad, plum pudding or meringues, herring roes on toast.

Wednesday.—Cream of chicken, baked fillets of cod, stewed chicken, roast fillets of beef, baked cauliflower, baked potatoes, semolina soufflé or apricot cream, anchovy eggs.

Thursday.—Clear soup, stewed sole, fillets of beef, vegetable marrow, potato straws, roast pheasant, salad, mince pies or fruit in jelly, Parmesan cream.

Friday.—Cauliflower soup, fried fillets of whiting, escallopes of chicken, loin of mutton, artichokes, mashed potatoes, caramel pudding or St. Cloud pudding, anchovy eclairs.

Saturday.—Clear soup, boiled brill, lobster sauce, braised neck of mutton, French beans, fried potatoes, roast turkey, salad, baba with rum or Russian charlotte, stuffed mushrooms.

FAMILY SUPPERS FOR ONE WEEK.—Summer.

Sunday.—Cold salmon, cucumber, roast chickens, salad, tongue, gooseberry tart, cream, ground rice blancmange, cheese, butter, biscuits, bread.

Monday.—Cold roast lamb, veal cake, salad, compote of fruit, cream, cheese, butter, biscuits, bread.

Tuesday.—Soused herrings, galantine of beef, cold roast mutton, salad, gooseberry fool, cheese, butter, biscuits, bread.

Wednesday.—Lobster salad (tinned), cold roast beef, salad, cherry tartlets, cheese, butter, biscuits, bread.

Thursday.—Chicken pie, cold ham, potted beef, salad, chocolate mould, cheese, butter, biscuits, bread.

Friday.—Mayonnaise of salmon (tinned), cold boiled lamb, salad, compote of pears, custard, cheese, butter, biscuits, bread.

Saturday.—Veal and ham pie, pressed brisket of beef, salad, rice shape, stewed fruit, cheese, butter, biscuits, bread.

FAMILY SUPPERS FOR ONE WEEK.—Winter.

Sunday.—Beef steak and kidney pie, chaudfroid of chicken, cold ham, baked apples, Swiss roll, custard, cheese, butter, biscuits, bread.

Monday.—Fish cakes, cold roast beef, pickles, baked potatoes, apple tart, cheese, butter, biscuits, bread.

Tuesday.—Cold meat and potato pie, tongue; queen of bread pudding, cheese, butter, biscuits, bread.

Wednesday.—Fish pie, cold boiled beef, mashed potatoes, apple dumplings, cheese, butter, biscuits, bread.

Thursday.—Stewed rabbits, beef roll, baked potatoes, rice shape, stewed figs, cheese, butter, biscuits, bread.

Friday.—Gateau of minced meat, cold roast beef, mashed potatoes, apple charlotte, cheese, butter, biscuits, bread.

Saturday.—Croquettes of chicken or meat, stewed steak, cold ham, baked potatoes, mince pies, cheese, butter, biscuits, bread.

VERY ECONOMICAL SUPPERS FOR ONE WEEK.

Sunday.—Cold meat, savoury potatoes, cornflour blancmange, jam, cheese butter, bread.

Monday.—Meat cakes, fried cabbage, treacle tart, cheese, butter, bread.

Tuesday.—Poor man's goose, baked potatoes, baked apples, cheese, butter, bread.

Wednesday.—Savoury cod, pancakes, cheese, butter, bread.

Thursday.—Sheep's heart, baked potatoes, bread and butter pudding, cheese, butter, bread.

Friday.—Cold boiled bacon, macaroni cheese, cheese, butter, bread.

Saturday.—Savoury sparerib, baked potatoes, rice shape, stewed figs or rhubarb, cheese, butter, bread.

HOW TO WAIT AT TABLE.

The servants who wait at table are usually a butler and several footmen, or one man-servant and a parlour-maid, but in many cases parlour-maid and housemaid only. If hired waiters are employed, they must be very neatly attired in a black dress suit and a white necktie.

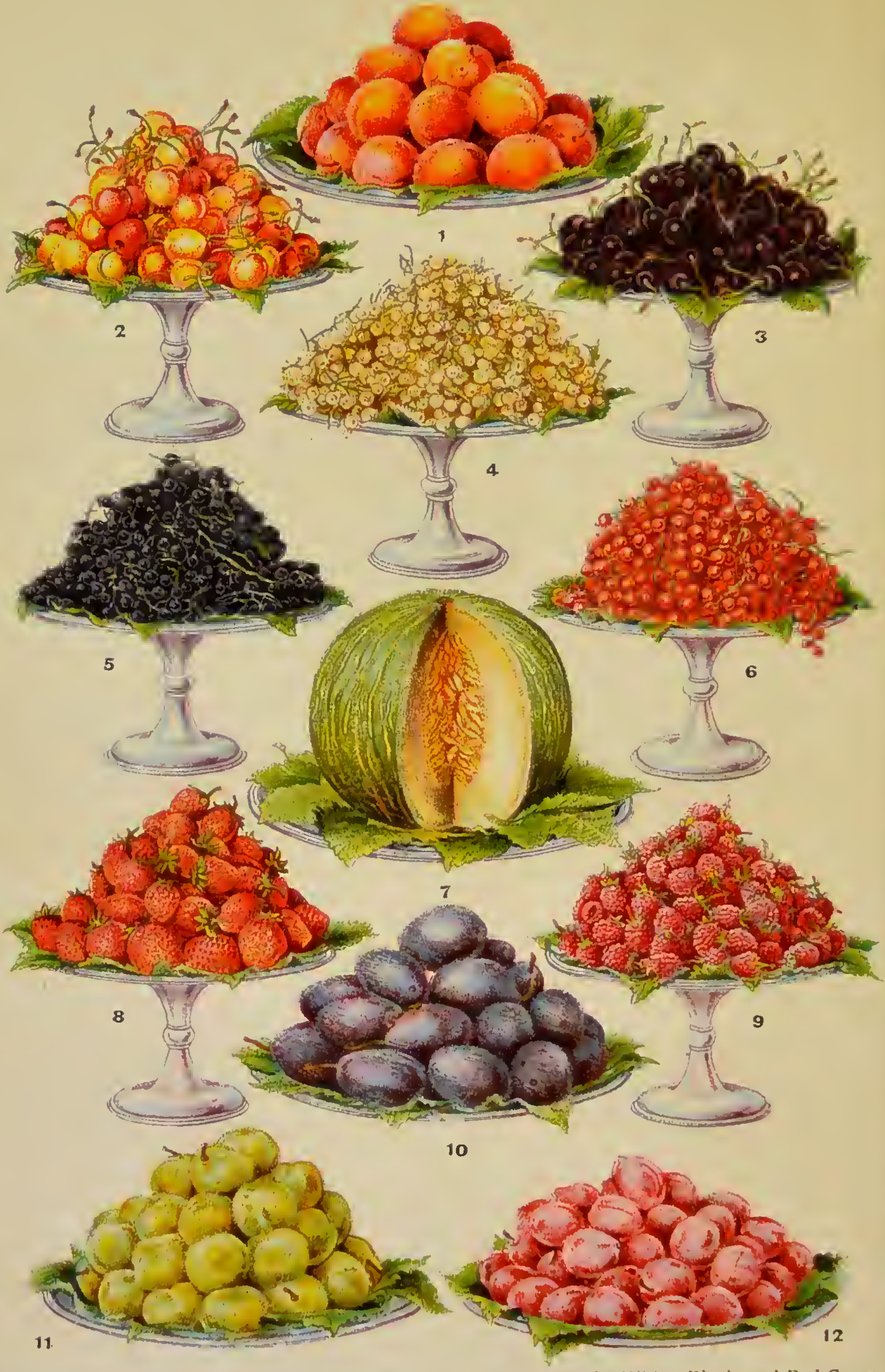
The women-servants should wear muslin aprons (white) and collar, cap, and cuffs. There should be at least one servant or waiter on each side of the table at a moderately large dinner party. The waiting commences from the head of the table, and there must be assistants, outside the door, to bring the dishes and remove them entirely from the room. When the dinner is served on the table the waiter must stand at the left-hand side of the carver and remove the covers. As the soup comes first, a plateful is carried to each person, unless they signify they do not wish for any, and commences from the one on the right of the host. The sherry and claret then are handed round. The moment a person's plate is empty, or finished with, it must be quietly taken away, spoon and all. These soiled plates are all carried to their proper receptacle, a zinc-lined basket for the purpose, standing in a convenient corner near the sideboard. The soup-tureen is removed last. All forks, spoons, and cutlery, when dirty, are placed in boxes or baskets similar to the plate bucket or basket, with a cloth at the bottom; the cloth is for two good purposes—that there may be no unnecessary noise, and that the articles therein shall not be scratched or otherwise damaged. The fish is carried round in the same manner as the soup, the attendant having in the left hand the sauce-tureen, or being followed by another servant carrying it. All plates are placed and removed by the waiter at the left-hand of the carver, or of the person being served. Sauces are next taken round, and then the wine. Entrées are almost invariably handed, even when the joints are carved upon the table. When the joint comes on, and the meat has been taken to the guests as before, the vegetables (which are usually placed upon the sideboard, and not on the table) are handed about, together with a tureen of gravy for fowls or birds. The same process is gone through with respect to the soiled plates. Dinner over, the crumb-brushes are brought into requisition; the dessert plates arranged upon the table, and after everything is in proper order, a few dishes are handed round by the attendants, who then leave the room. In handing beer, which is not now much drunk at dinners that come at all under the head of "party dinners," or the aerated waters now always given, the attendants take the small tray or salver in the left hand, and, standing at the left side of the guest who places his or her glass upon it to be filled, pours out the liquid with the right hand.

NOTE.

It will be seen, on referring to the recipes which follow, that by the original method of explanation adopted, the rules for the preparation of each dish are clearly and intelligibly indicated. We would recommend the young housekeeper, cook, or whoever may be engaged in the important task of "getting ready" the dinner or other meal, to follow precisely the order in which the recipes are given. Thus, let them first place on their table all the **ingredients** necessary; then their **method** of preparation will be quickly and easily managed. By carefully reading the recipes there should not be the slightest difficulty in arranging a repast for any number of persons, and an accurate notion will be gained of the **time** required for the cooking of each dish, the periods when it is **seasonable**, and its **average cost.**

The prices are based on a careful study of the London market lists of the season, when the various articles are at their best. Where the fluctuations are very considerable, the item is omitted from the calculation. As stated, the prices are **average** only, and must be modified according to season, district, and the supply of and demand for the articles that may prevail.

The recipes are arranged in Dictionary form, and any difficulty that may occur in turning up a recipe will be easily overcome by referring to the Analytical Index at the end of the book, in which the recipes are arranged alphabetically under the respective modes of cookery with which they are associated. A fund of general information and hints will be found in the chapter entitled "Food and Cookery," and this section should be carefully studied by those who wish to acquire proficiency in the art of cookery.



FRUIT 1 Apricots. 2 White Cherries. 3 Black Cherries. 4, 5, and 6 White, Black, and Red Currants. 7 Melon. 8 Strawberries. 9 Raspberries. 10 Black Diamond Plums. 11 Greengages. 12 Victoria Plums.

RECIPES.

ALMA PUDDING.

Ingredients.—8 ozs. of flour. 6 ozs. of castor sugar, 4 ozs. of butter, 2 ozs. of currants, 2 ozs. of sultanas, 4 eggs, 1 teaspoonful of baking powder, the grated rind of 1 lemon.

Method.—Clean and pick the currants and sultanas. Cream the butter and sugar together until thick and white, then beat in the eggs, and add the rest of the ingredients. Have ready a well-buttered mould or basin, pour in the mixture, and steam for 2 hours. Serve with a suitable sauce.

Time.—2½ hours. Average Cost, about 1*s*. Sufficient for 5 or 6 persons.

ALMOND BREAD.

Ingredients.—4 ozs. of almond meal, 2 tablespoonfuls of gluten meal, 1 teaspoonful of baking powder, 1 oz. of butter, 2 eggs, salt.

Method.—Mix the meal, salt, and baking powder together, and add the butter previously well beaten. Add the eggs separately, beat well, then bake in a shallow tin from 20 to 25 minutes.

Time.—1 hour.

ALMOND CAKE.

Ingredients.—½ lb. of ground sweet almonds, ½ oz. of pounded bitter almonds, 6 ozs. of castor sugar, 3 ozs. of butter, 14 ozs. of flour, 6 eggs, essence of lemon.

Method.—Break the eggs into a clean bowl, add the sugar, previously warmed, and beat the mixture well together with a wire egg whisk until it is as thick as cream; then add the butter (melted), then mix in the almonds, flour (sifted), and essence of lemon with a spoon. Butter a plain mould, fill it with the mixture, and bake in a steady oven. It will require from 1½ to 2 hours to bake, and great care must be taken to prevent the mixture burning. As a precaution, it is advisable to lay 3 or 4 thicknesses of newspaper under the mould, and wrap the same round the sides, fixing the paper in place with a piece of twine.

Time.—2 to 2½ hours. Average Cost, 2*s*.

ALMOND CAKE (An old Dutch Recipe).

Ingredients.—1 lb. of Jordan or Valencia almonds, 1 oz. of bitter almonds, 1 lb. of castor sugar, 12 eggs, 4 heaped tablespoonfuls of pounded cracknel biscuits, rosewater.

Method.—Blanch and pound the almonds, adding from time to time a little rosewater to prevent them oiling. Beat the sugar and yolks of eggs together until smooth and light. Whisk the whites of eggs, add them alternately with spoonfuls of the prepared almonds to the yolks and sugar, stir in the powdered biscuits, and beat lightly until well mixed. Turn into a well-buttered cake tin, and bake gently from 1½ to 1¾ hours.

Time.—To bake, from 1½ to 1¾ hours. Average Cost, 2*s*. 6*d*. to 3*s*. 6*d*. Sufficient for 1 large cake.

ALMOND CASTLES.

INGREDIENTS.—4 ozs. of ground almonds, 2 ozs. of butter, 1 tablespoonful of castor sugar, 1 tablespoonful of milk, 1 tablespoonful of brandy, 2 eggs.

METHOD.—Cream the butter and sugar together, stir in the yolks of eggs, the milk and brandy, and beat well. Whip the whites stiffly, and lightly add them to the rest of the ingredients. Put into well-buttered dariol moulds or small cups, and either bake or steam gently for 30 or 35 minutes. Serve with custard sauce.

TIME.—From 45 to 50 minutes. AVERAGE COST, 7*d.* to 8*d.*, exclusive of the brandy. SUFFICIENT for 5 or 6 persons.

ALMOND CHARLOTTE.

(*See* **Charlotte Russe**).

Omit the brandy or sherry and vanilla essence, and add 1 tablespoonful of coarsely-chopped, lightly-browned almonds and a few drops of almond essence.

ALMOND CHEESECAKES.

INGREDIENTS.—Short paste, 4 ozs. of ground almonds, 4 ozs. of castor sugar, ¾ oz. of cornflour, ½ oz. of butter, 1 whole egg, 1 yolk of egg, raspberry or strawberry jam, nutmeg.

METHOD.—Beat the eggs, add them gradually to the cornflour, and stir until perfectly smooth. Add the sugar, almonds, butter (melted), and a pinch of nutmeg. Line 9 or 10 patty pans with paste, spread about ½ a teaspoonful of jam on the bottom of each one, and fill with the mixture. Bake from 20 to 25 minutes in a moderately hot oven.

TIME.—40 to 45 minutes. AVERAGE COST, 10*d.* SUFFICIENT for 9 or 10 tartlets.

ALMOND CREAM.

INGREDIENTS.—2 ozs. of almonds, ½ pint of cream, 1 oz. of sugar, ½ oz. of leaf gelatine, essence of almonds.

METHOD.—Blanch and skin the almonds, chop them coarsely, and bake in the oven until light brown. Dissolve the gelatine and sugar in 3 tablespoonfuls of water. Whip the cream stiffly, add the gelatine, etc., the almonds when cold, and mix all lightly together. Pour into a prepared mould, and stand in ice or in a cool place until firmly set.

TIME.—About 40 minutes. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 1 small cream.

ALMOND CREAM ICE.

INGREDIENTS.—3 ozs. of sweet almonds, 3 bitter almonds, ½ pint of custard No. 1 or 2, ¼ pint of whipped-cream, ¼ pint of milk, a few drops of almond essence, 1 teaspoonful of orange-flower water.

METHOD.—Blanch, chop, and pound the almonds smoothly, adding the orange-flower water to prevent them oiling. Warm the milk, pour it over the almonds, let it remain covered while the custard is made and gets cold, then mix the whole together. Partially freeze, then add the cream, almond essence, a little sugar, if necessary, and complete the freezing.

TIME.—From 3 to 4 hours. AVERAGE COST, 1*s.* 3*d.* SUFFICIENT for 5 or 6 persons.

ALMOND CUSTARD.

INGREDIENTS.—1 tablespoonful of finely-chopped almonds, almond essence, ½ oz. of potato flour, 4 ozs. of sugar, 4 yolks of eggs, 3 sheets or ¼ oz. of leaf gelatine, 1½ pints of milk.

METHOD.—Mix the potato flour smoothly with a little milk, boil up the remainder, and pour it over the potato flour, stirring the mixture meanwhile. Replace in the stewpan, simmer gently for 3 minutes, then add the sugar and yolks of eggs, and stir by the side of the fire until the mixture thickens. Dissolve the gelatine in a little hot water, add it to the custard, and strain. Stir in the almonds, add almond essence to taste, and use for filling éclairs, cornets, etc.

TIME.—About ½ an hour. AVERAGE COST, 10*d*. to 1*s*.

ALMOND FRITTERS.

INGREDIENTS.—2 ozs. of ground almonds, ½ oz. cornflour, 2 eggs, 1 oz. of castor sugar, a few drops of vanilla.

METHOD.—Stir the yolks of the eggs and the sugar together until creamy, then add the almonds, vanilla, cornflour, and the whites of eggs, stiffly whisked. Have ready a pan of hot frying-fat, clarified butter or olive oil, drop in the prepared mixture in teaspoonfuls, and fry until they become a pale brown colour. Drain, and serve as hot as possible.

TIME.—To make and cook, about 30 minutes. AVERAGE COST, 6*d*. SUFFICIENT for 5 or 6 persons.

ALMOND PASTE (For Cakes, etc.).

INGREDIENTS.—4 ozs. of ground almonds, 6 ozs. of loaf sugar, 1 white of egg, lemon-juice.

METHOD.—Put the sugar, with 1 tablespoonful of water, and a teaspoonful of lemon-juice into a stewpan, bring to the boil, skim well, and boil to the "ball degree" (*see* Sugar, to boil). Pour the syrup on to the ground almonds, add about ½ the white of egg, mix well together, and use as required.

TIME—10 minutes. AVERAGE COST, 6*d*. SUFFICIENT for one small cake.

ALMOND PUDDING, BAKED.

INGREDIENTS.—1 penny roll, 2 ozs. of ground almonds, 1 oz. of butter, 1 oz. of castor sugar, 1 pint of milk, 3 eggs, the grated rind of 1 lemon, a good pinch of cinnamon.

METHOD.—Butter a piedish and line the bottom with thin, buttered slices of roll. Mix the almonds, lemon rind and cinnamon together and put ½ into the piedish. Cover with thin slices of roll, then add the rest of the almond mixture, and again cover with slices of roll. Boil the milk, and add to it the sugar; beat the eggs well, then pour on to them the hot, NOT BOILING, milk, and stir well. Now add the milk, etc., to the rest of the ingredients in the piedish, but in tablespoonfuls, to avoid floating the slices of roll. Cover the pudding and let it stand for ½ hour, then bake it gently for about an hour.

TIME.—1¾ to 2 hours. AVERAGE COST, 9*d*. to 10*d*. SUFFICIENT for 5 or 6 persons.

ALMOND PUDDING, BAKED. (Another Method).

INGREDIENTS.—2 ozs. of ground almonds, 1 oz. of castor sugar, ¼ oz. of butter, 2 tablespoonfuls of cream, 2 tablespoonfuls of brandy (milk may be substituted), 2 eggs.

METHOD.—Thoroughly beat the eggs; add to them the almonds, sugar, cream and brandy, and mix well. Melt the butter, add it to the rest of the ingredients, pour into a buttered piedish, and bake for about 20 minutes in a moderate oven.

TIME.—From 35 to 40 minutes. AVERAGE COST, about 9*d*. SUFFICIENT for 3 persons.

ALMOND PUDDINGS, SMALL.

Ingredients.—¼ lb. of ground almonds, 2 eggs, 1 tablespoonful of castor sugar, 2 tablespoonfuls of cream, 2 ozs. butter.

Method.—Cream the butter and sugar together, stir in the yolks of eggs, the almonds, and the cream. Whip the whites to a stiff froth, add them lightly to the rest of the ingredients, pour into buttered dariol moulds or small cups, and steam or bake from 25 to 30 minutes. Serve with a suitable sauce.

Time.—About 1 hour. Average Cost, 9*d.* to 10*d.*, for this quantity. Sufficient for 5 or 6 persons.

ALMONDS, SALTED.

Ingredients.—½ lb. of blanched whole almonds, ¼ pint of salad-oil, 1 tablespoonful of celery-salt, 1 small saltspoonful of cayenne pepper.

Method.—Fry the almonds in the oil until nicely browned, then drain well, and toss them in the seasoning, which should be held in a sheet of strong paper. Serve in small fancy paper cases.

Time.—15 minutes. Average Cost, 1*s.* to 1*s.* 3*d.* Sufficient for 6 or 8 persons. Seasonable at any time.

ALMOND SPONGE, BAKED.

(Diabetic dish.)

Ingredients. — 1 oz. almond flour, 2 whites of eggs, salt, and saccharine to taste.

Method.—Whisk the whites stiffly, stir in the flour lightly, and add a pinch of salt and saccharine to taste. Bake from 15 to 20 minutes in a hot oven. The saccharine may be omitted, and the preparation will then be found a good substitute for bread.

Time.—30 minutes.

ALMOND TOFFEE.

Ingredients.—1 lb. loaf sugar, 5 ozs. almonds, ½ pint of water, a pinch of cream of tartar, almond essence.

Method.—Blanch and skin the almonds, cut them across in halves, and dry them in the oven without browning. Dissolve the sugar in the water, add the cream of tartar, and boil until a deep amber-coloured syrup is obtained. Remove the stewpan from the fire, add the almonds, boil up again, and pour on to a buttered or oiled tin.

AMBER JELLY.

Ingredients.—½ pint of water, ¼ pint of sherry or Marsala, ¼ pint of lemon-juice, 6 ozs. of loaf sugar, 1 oz. leaf gelatine, 4 yolks of eggs or 2 whole eggs, the thinly cut rind of 1 small lemon.

Method.—Put all the ingredients into a stewpan, and whisk over the fire until near boiling point, but do not allow it to actually boil, or the eggs will curdle. Strain through muslin or a fine strainer, pour into a mould and place in the cool to set.

Time.—About ½ an hour. Average Cost, 1*s.* 4*d.* Sufficient for about 1 quart of jelly.

AMNASTICH (Passover Dish).

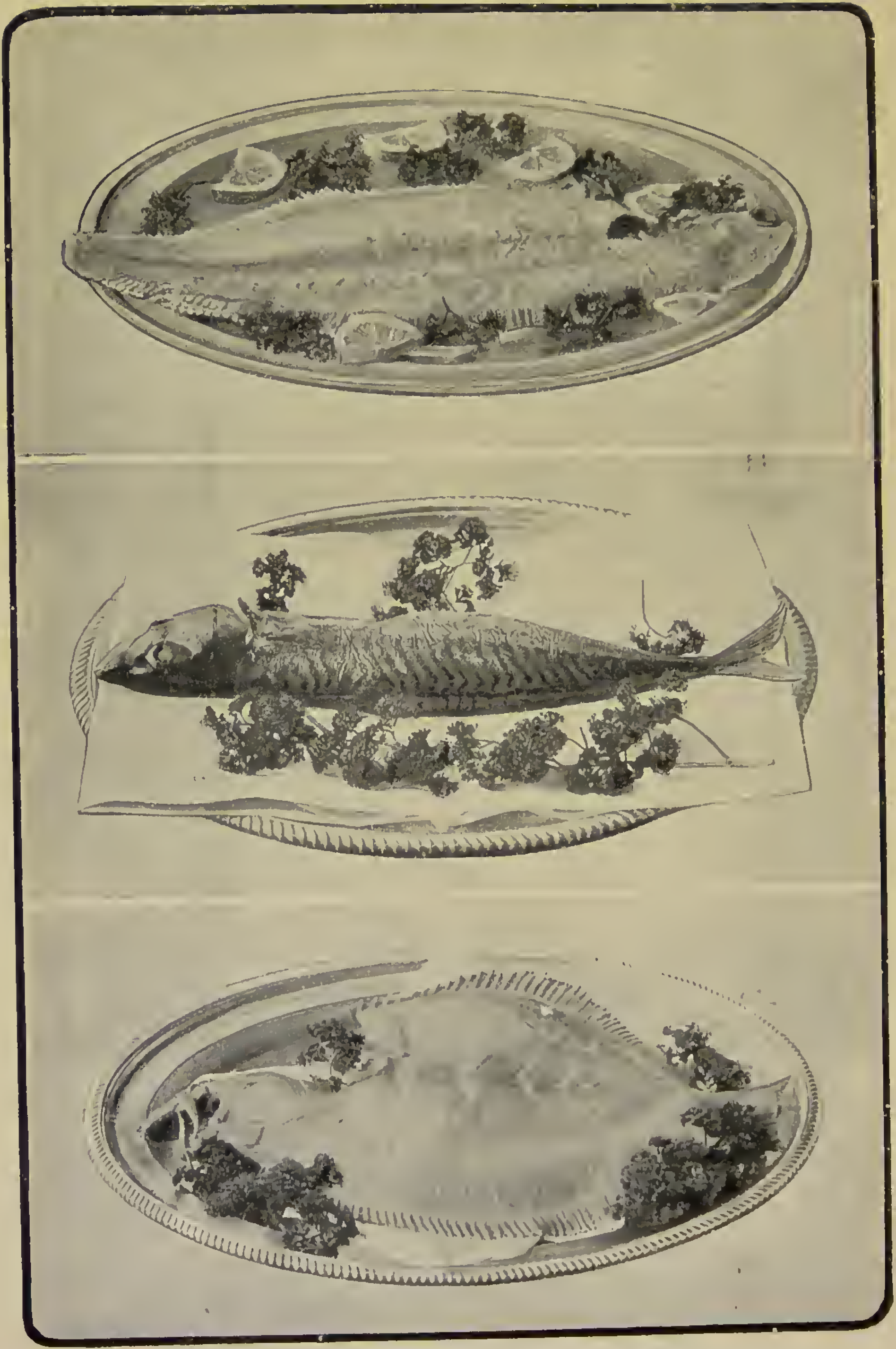
Ingredients.—1 chicken, veal forcemeat, 1 quart of white stock, ½ lb. of Carolina rice, 1 Spanish onion stuck with 3 or 4 cloves, a bouquet-garni (parsley, thyme, bay-leaf), 4 yolks of eggs, the juice of 1 large lemon, salt and pepper.

Method.—Stuff the chicken with forcemeat and truss it for boiling. Wash and well drain the rice, put it into a large stewpan with the stock, bring it slowly to boiling point, and add the onion, bouquet-garni, salt and pepper to taste.

FISH. No. 1.

Q 1. Cod Steak. 2. Fish Pie. 3. Crab Salad. K

FISH. No. 2.



1. Steamed Sole. 2. Boiled Mackerel. 3. Boiled Turbot.

Cook slowly until the rice begins to soften, then add the chicken, cover it well with rice, and continue to cook slowly until done. Remove the chicken and keep it hot, take out the onion and bouquet-garni, and add the beaten yolks of eggs and the lemon juice. Stir over the fire for a few minutes, then serve the rice, etc., piled round the chicken.

TIME.—About 2 hours. AVERAGE COST, *3s. 9d.* to *4s. 3d.*, exclusive of the stock. SUFFICIENT for 4 or 5 persons.

ANCHOVIES, ESSENCE OF.

INGREDIENTS.—1 lb. of anchovies, 1 pint of cold water, ¼ pint of good vinegar, 1 saltspoonful of ground mace, 1 saltspoonful of cayenne.

METHOD.—Pound the anchovies in a mortar until smooth, and pass them through a fine sieve. Put the parts that will not pass through the sieve into a stewpan, add any liquor there may be in the bottles from which the anchovies were taken, the mace, cayenne, and water, simmer gently for ½ an hour, then strain, and mix it with the anchovy purée. Return the mixture to the stewpan, bring to boiling point, add the vinegar, simmer very gently for 10 minutes longer, and when quite cold pour into small bottles. Cork securely, cover the corks with melted wax, and store for use in a cool, dry place.

ANCHOVIES, FRIED.

INGREDIENTS. — 12 anchovies. For the batter: 3 ozs. of flour, ¼ pint of tepid water, 1 tablespoonful of salad-oil, or clarified butter, the white of 1 egg, frying-fat.

METHOD.—Wipe the anchovies with a dry cloth. Sieve the flour, and mix it into a smooth batter with the water and salad oil. Whip the white of egg stiffly, and stir it lightly into the batter. Have ready a deep pan of hot frying-fat; dip the anchovies carefully into the batter, drop them into the hot fat, and fry until they acquire a golden-brown colour. This dish is more suitable for a breakfast dish, *hors d'œuvre*, or savoury, than a dish to be served in the fish course of a dinner.

TIME.—½ an hour. AVERAGE COST, for this quantity, 10*d.* SUFFICIENT for 2 or 3 if treated as a fish course, but enough for 6 or 7 if served as *hors d'œuvre*, or savoury.

ANCHOVIES, FRIED (Another Method).

INGREDIENTS.—8 to 10 anchovies preserved in oil, ½ teaspoonful of finely-chopped parsley, 1 finely-chopped shallot, 1 teaspoonful of lemon-juice, cayenne, Krona pepper, frying-fat, frying-batter.

METHOD.—Wash, bone, and dry the anchovies, sprinkle over them the lemon-juice, parsley, and shallot, cover with a plate, and let them remain in the marinade for about 1 hour. Make the batter as directed, dip in the anchovies, fry them in hot fat until nicely browned, then drain well. Pile on a hot dish, sprinkle with Krona pepper, garnish with crisply-fried parsley, and serve.

TIME.—2 hours. AVERAGE COST, 1*s.* 3*d.* SUFFICIENT for 6 or 8 persons.

ANCHOVY AIGRETTES.

INGREDIENTS.—6 anchovies, 2 tablespoonfuls of thick white sauce, 1 teaspoonful of grated Parmesan cheese, essence of anchovy, cayenne, frying-batter (*see* Batter for Frying), frying-fat.

METHOD.—Wash and dry the anchovies, remove the bones, and divide them into small fillets. Mix with them the white sauce and cheese, and add anchovy sauce and cayenne to taste. Drop small teaspoonfuls of the mixture into the batter, taking care to coat them completely, then fry them in hot fat until crisp and lightly browned, and drain well. Dish in a pyramidal form, sprinkle with Parmesan cheese and Krona pepper, and serve as quickly as possible.

Time.—Half an hour. Average Cost, 1*s.* to 1*s.* 3*d.* Sufficient for 6 or 8 persons. Seasonable at any time.

ANCHOVY AND EGG SANDWICHES.

Ingredients.—10 anchovies, 3 hard-boiled yolks of eggs, 2 tablespoonfuls of grated Parmesan cheese, butter, cayenne, white or brown bread, curry-butter, made with 4 ozs. of fresh butter beaten to a cream, 1 heaped teaspoonful of curry powder and ½ a teaspoonful of lemon-juice stirred in, and salt to taste.

Method.—Wash and bone the anchovies, pound them in a mortar with the yolks of eggs, cheese, as much butter as is needed to moisten the whole, and a little cayenne. Prepare some thin slices of bread and curry-butter, spread half of them with the preparation, cover with the remainder, and press these well together. Next trim the edges neatly, and cut them into triangles or any shape preferred. Dish neatly on a folded serviette or lace paper, and serve garnished with watercress or parsley.

ANCHOVY AND HADDOCK SANDWICHES.

Ingredients.—6 ozs. of finely-chopped cooked smoked haddock, 2 ozs. of butter, 1½ ozs. of anchovy paste, cayenne pepper, creamed butter, or mayonnaise sauce, white or brown bread.

Method.—If possible, pound the fish, butter and anchovy paste in a mortar until smooth ; if not, work them well together, using a wooden spoon and basin for the purpose. When a smooth soft paste is obtained, season to taste, and spread the mixture on thin slices of bread. Cover an equal number of slices thickly with creamed butter or mayonnaise sauce, and press the parts firmly together. Trim neatly, cut into circles, squares, or triangles, and serve on a folded serviette garnished with watercress or parsley.

ANCHOVY BUTTER.

Ingredients.—¼ lb. of fresh butter, 6 anchovies, and Krona pepper.

Method.—Wash and bone the anchovies, pound them in a mortar until smooth, using a little butter to facilitate the pounding, then rub them through a fine sieve. Mix with them the rest of the butter, and add a little Krona pepper to deepen the red hue of the fish. Anchovy essence or paste may be used instead of anchovies, but the flavour of the preparation is not nearly so good, although when thus prepared it answers ordinarily as an adjunct to other substances. Lobster, sardine, prawn, and shrimp butter may be made by pounding the fish until smooth, adding butter gradually until the preparation is sufficiently moist to be easily spread. When pungency is desired, it may be obtained by adding curry-powder and paprika pepper, or cayenne ; and when less highly seasoned preparations are preferred, the mild, agreeably-flavoured Krona pepper should be employed.

ANCHOVY BUTTER (Another Method).

Ingredients.—¼ lb. of butter, 3 anchovies or 1 teaspoonful of essence, cayenne.

Method.—Wash and bone the anchovies, pound them well in a mortar, and rub them through a fine hair sieve. Mix the paste thus obtained smoothly with the butter, add cayenne to taste, and use as required. When anchovy essence is used, it is simply mixed smoothly with the butter.

Time.—20 minutes. Average Cost, 4*d.* to 6*d.*

ANCHOVY EGGS.

Ingredients.—4 anchovies, 4 hard-boiled eggs, 2 tablespoonfuls of white sauce, 1 teaspoonful of essence of anchovy, watercress, cayenne.

Method.—Cut the eggs across in halves, remove the yolks carefully, and cut off the extreme end of each half to enable them to stand firmly. Wash, bone and dry the anchovies, chop them coarsely, and pound them with the yolks of eggs till smooth. Add the anchovy essence, and the white sauce gradually until a moist paste is formed ; then season to taste, and rub through a hair sieve. Fill the white of egg cases with the preparation, garnish with watercress seasoned with oil and vinegar, and serve.

Time.—½ an hour. Average Cost, 1*s.* 3*d.* Sufficient for 8 persons. Seasonable at any time.

ANCHOVY FINGERS.

Ingredients.—8 or 10 anchovies, ½ a teaspoonful of finely-chopped parsley, 1 finely-chopped shallôt, ½ oz. of butter, buttered toast, Krona pepper, white pepper.

Method.—Bone the anchovies and wash them in warm water. Cut the toast into fingers, sprinkle them with shallot and parsley, and lay on each an anchovy. Add a few drops of lemon-juice and a seasoning of pepper, sprinkle on a little Krona pepper, place a morsel of butter on each, make hot in the oven, and serve.

Time.—½ an hour. Average Cost, 1*s.* Sufficient for 6 or 8 persons.

ANCHOVY KETCHUP.

Ingredients.—1 quart of good ale, ¼ lb. of anchovies, 3 finely-chopped shallots, 1 tablespoonful of mushroom ketchup, ½ a teaspoonful of castor sugar, ½ a teaspoonful of ground ginger, ¼ of a teaspoonful of ground mace, 2 cloves.

Method.—Put all these ingredients into a stewpan, simmer very gently for about 1 hour, and strain. When quite cold, pour the ketchup into small bottles, cork them tightly, and store in a cool, dry place.

ANCHOVY SAUCE.

Ingredients.—½ pint of Béchamel sauce, 1 teaspoonful of anchovy essence.

Method.—Make the sauce hot in a small stewpan, add the anchovy essence, and use as required.

Time.—From 5 to 10 minutes. Average Cost, about 5*d.*

ANCHOVY SAUCE (Another Method).

Ingredients.—¼ pint of milk, ¼ pint of fish stock or water, 1 oz. of butter, ¾ oz. of flour, 1 teaspoonful of anchovy essence.

Method.—Melt the butter in a stewpan, stir in the flour, and cook for 5 or 6 minutes. Add the milk and stock, stir until it boils, simmer for 2 or 3 minutes, then add the anchovy essence, and use as required.

Time.—15 to 20 minutes. Average Cost, 2*d.*

ANCHOVY SAUCE (Inexpensive).

Ingredients.—½ pint of melted butter, 1 teaspoonful of anchovy essence.

Method.—Make the melted butter, add to it the anchovy essence, and use as required.

Time.—To make the melted butter, 15 minutes. Average Cost, 1½*d.* per ½ pint.

ANCHOVY TOAST.

Ingredients.—6 anchovies, ½ oz. of butter, 1 yolk of egg, 1 finely-chopped shallot, ½ a teaspoonful of finely-chopped parsley, toast, butter, cayenne pepper.

Method.—Wash and bone the anchovies, and chop them coarsely. Heat the butter in a small stewpan, fry the shallot until lightly browned, then add the anchovies, parsley, and yolk of egg, and season with cayenne. Stir by the side of the fire until the mixture thickens, then pour it on the toast, previously well-buttered, and serve as hot as possible.

Time.—½ an hour. Average Cost, 10*d.* Sufficient for 6 or 8 persons.

ANGEL PUDDING.

The above name is sometimes given to "French pancakes," the recipe for which is given.

"ANGELS ON HORSEBACK."

Ingredients.—12 oysters, 12 small thin slices of bacon, 12 small round croûtes of fried bread, ½ a teaspoonful of finely-chopped shallot, ½ a teaspoonful of finely-chopped parsley, lemon-juice, Krona pepper.

Method.—Beard the oysters, trim the bacon, cutting each piece just large enough to roll round an oyster, season with Krona pepper, sprinkle on a little shallot and parsley. Lay an oyster on each, add a few drops of lemon-juice, roll up tightly, and secure the bacon in position with a large pin. Fry in a frying-pan or bake in a hot oven just long enough to crisp the bacon (further cooking would harden the oysters), remove the pin and serve on the croûtes.

Time.—20 minutes. Average Cost, 1*s.* 9*d.* to 2*s.* 9*d.* Sufficient for 8 or 9 persons. Seasonable from September to March.

APFEL TORTE (German Apple Tart).

Ingredients.—10 or 12 apples, 4 ozs. of butter, 3 ozs. of almonds, 3 eggs, the finely-grated rind of 1 small lemon, 2 or 3 tablespoonfuls of moist sugar, ¼ pint of cream, good short crust.

Method.—Pare, core, and slice the apples. Put the sugar into a basin, add the cream, lemon-rind, the butter melted, and the eggs previously well beaten. Mix well together, stir in the sliced apples, and let the mixture stand while the almonds are being blanched and cut lengthwise into strips. Line 2 large plates with paste, place a narrow rim of the same round the edge, and fill the centre with the mixture. Sprinkle the almonds on the top, bake in a moderate oven from 35 to 45 minutes, and when done dredge liberally with castor sugar. Serve either hot or cold.

Time.—About 1 hour. Average Cost, 2*s.* 3*d.* Sufficient for 2 tarts. Seasonable at any time.

APPLE AMBER, BAKED.

INGREDIENTS.—6 large apples, 3 ozs. of moist sugar, 2 ozs. of butter, 3 eggs, ½ a lemon, paste trimmings, or short crust paste, ground cinnamon, ground cloves.

METHOD.—Peel, core, and slice the apples, put them into the stewpan with sugar, and 1 tablespoonful of water, simmer gently until tender, then rub through a hair sieve. Return the apple pulp to the stewpan, add the lemon-rind, finely-grated, lemon-juice, and a good pinch each of cloves and cinnamon. Re-heat, then stir in the butter and yolks of eggs, and cook until the mixture thickens. Meanwhile line the edges of the dish with paste, and ornament the extreme edge with small leaves or rounds of the same, arranged to slightly overlap each other. Pour in the apple preparation, and bake in a moderate oven until set. Have ready the whites of eggs whisked to a stiff froth, and sweetened with a little castor sugar, arrange in a rocky form on the top of the pudding, sprinkle liberally with castor sugar, and, if liked, decorate with cherries or candied fruits. Replace in the oven until the meringue hardens and acquires a little colour, and serve either hot or cold.

TIME.—About 1¼ hours. AVERAGE COST, 1*s*., exclusive of the paste. SUFFICIENT for 6 or 7 persons.

APPLE AMBER PUDDING.

INGREDIENTS.—6 large apples, 3 ozs. of brown sugar, 2 ozs. of butter, 3 eggs, 1 lemon, cherries, strips of angelica, short paste, or puff paste trimmings, castor sugar.

METHOD.—Line the edge of a pie-dish with thin strips of paste about 3 inches wide, and decorate the edge with overlapping leaves or small rounds of pastry, which must be securely fixed by means of white of egg. Peel and slice the apples, stew them gently with the butter, sugar, and lemon-rind until tender, then pass through a fine sieve, and add the yolks of eggs. Pour the mixture into the pie-dish, bake gently for 20 minutes, then pile the stiffly-whisked whites of eggs on the top. Dredge liberally with castor sugar, decorate with cherries and angelica, and replace in the oven until the whites of eggs harden and acquire a little colour. Serve either hot or cold.

TIME.—½ an hour, to bake the pudding. AVERAGE COST, about 1*s*. 3*d*., in addition to cost of paste. SUFFICIENT for 6 or 7 persons.

APPLE AND BLACKBERRY JAM.

INGREDIENTS.—4 lbs. of apples, 2 lbs. of blackberries, 4½ lbs. of preserving sugar.

METHOD.—Pick the blackberries, put them into a stewjar with 1 lb. of sugar, and let them remain thus for at least 12 hours. When ready, place the jar on the stove or in a cool oven, and stew gently until the juice is extracted. Pare, core, and cut the apples into thick slices. Put them into a preserving pan, strain in the juice, add the rest of the sugar, and boil gently from 45 to 50 minutes. Pour into jars, cover closely, and store in a dry, cool place.

TIME.—Altogether, about 14 hours. AVERAGE COST, 4*d*. per lb. SEASONABLE in October.

APPLE AND CUCUMBER SALAD.

INGREDIENTS.—Equal quantities of sliced apples and cucumber, lemon-juice, salt and pepper, whipped cream.

METHOD.—Season the apples and cucumber with salt and pepper, and sprinkle with lemon-juice. Stir in a little whipped cream, and serve piled in a salad-bowl.

APPLE CHARLOTTE.

Ingredients.—2 lbs. of good cooking apples, 4 ozs. of brown sugar, or to taste, 1 oz. of butter, the rind of 1 lemon. For lining the mould: thin slices of bread, oiled butter.

Method.—Peel, core, and slice the apples, put them into a stewpan with the sugar, and 1 tablespoonful of water, and cook until tender. When the apples are reduced to a soft smooth pulp, add the butter and lemon-rind, and sweeten to taste. Meanwhile, take a plain soufflé mould, and cover the bottom with a round of bread, previously cut in quarters and dipped into the melted butter. If a pretty dish is desired, the sides of the mould should be lined with rounds of bread, of ¾-inch diameter, arranged overlapping each other; but as 3 or 4 tiers may be required this method occupies considerable time. It may be more quickly lined with long narrow strips the size of Savoy biscuits; these may also overlap each other, or they may be laid flat against the tin. Each piece of bread must be dipped into the oiled butter before being used. When the mould is ready, put in the apple pulp, cover the top with a round of bread, and bake in a moderate oven for about 30 minutes.

Time.—About 2 hours. Average Cost, 1*s*. to 1*s*. 2*d*. Sufficient for 6 or 7 persons.

APPLE CHARLOTTE (Another Method).

Ingredients.—Apples, thin slices of bread and butter, brown sugar, 1 lemon.

Method.—Peel, core, and slice the apple, place a layer on the bottom of a buttered pie-dish, sprinkle with sugar, lemon-rind, and lemon-juice, and cover with thin slices of bread and butter. Repeat until the dish is full, letting bread form the top layer. Cover with a greased paper, bake from ¾ to 1 hour, then turn out of the dish and dredge well with castor sugar.

Time.—About 1 hour. Average Cost, 6*d*. or 8*d*., for one of medium size.

APPLE CHEESECAKES.

Ingredients.—1½ lbs. of apples, 3 ozs. of sugar, 1½ oz. of butter, 3 eggs, 1 lemon, short crust.

Method.—Peel, core, and slice the apples, place them in a stewpan with the sugar, and 1 tablespoonfuls of water, simmer gently until tender, and rub them through a hair sieve. Return the apple-pulp to the stewpan, add the lemon-juice and the rind finely-grated, re-heat, stir in the yolks of 3 eggs and the white of one, and cook until the mixture thickens. Have ready the patty-pans lined with paste partially baked, fill with the apple preparation, cover lightly with stiffly-whipped sweetened white of egg, and bake in a moderate oven for about 15 minutes.

Time.—About 1¼ hours. Average Cost, 10*d*., exclusive of the paste. Sufficient for 12 cheesecakes.

APPLE CHUTNEY.

Ingredients.—2¼ lbs. of thickly sliced apples, 1 lb. of brown sugar, ¾ lb. of sultanas, 2 ozs. of salt, ½ oz. of mustard seeds, ½ oz. of ground ginger, ¼ oz. of garlic bruised, ⅛ oz. of cayenne, 1 pint of good vinegar.

METHOD.—Simmer the vinegar, sugar, and apples gently until reduced to a pulp, stir in the remaining ingredients, and, when well mixed, turn the whole into a basin. Cover, stir 2 or 3 times daily for 1 week, then bottle, cork securely, and store for use.

APPLE COMPÔTE.

INGREDIENTS.—2 lbs. tart cooking apples, ½ lb. of loaf sugar, 1 lemon.

METHOD.—Peel and core the apples, put the sugar in a saucepan with 1 pint of water, boil up. Skim and reduce to a syrup, then put in the apples, and the thinly-cut rind of ½ a lemon, also its juice (strained), cook gently till the apples are tender. Serve when cold.

NOTE, if liked, the apples may be cut in halves or quarters.

TIME.—¾ of an hour. COST, 10*d.* to 1*s.* SUFFICIENT for 6 persons.

APPLE COMPÔTE (From Dried Apples).

INGREDIENTS.—1 lb. of Normandy pippins, 1 oz. of almonds, blanched and halved, 8 ozs. of castor sugar, 1 pint of water.

METHOD.—Soak the apples for at least 12 hours in the water, then turn into a stewpan, add the sugar, and simmer gently until tender. Drain, replace the syrup in the stewpan, and boil rapidly until considerably reduced. Arrange the apples in a glass dish, pour the syrup over, garnish with the prepared almonds, and when cold, serve.

TIME.—3 or 4 hours. AVERAGE COST, 10*d.* to 1*s.* SUFFICIENT for 6 or 7 persons.

APPLE CUSTARD.

INGREDIENTS.—2 lbs. of apples, 6 ozs. of sugar, 4 eggs, 1 pint of milk.

METHOD.—Peel, core and slice the apples, stew them with 4 ozs. of sugar and 2 or 3 tablespoonfuls of water until tender, then pass through a hair sieve, or beat to a pulp. Bring the milk nearly to boiling point, put in the remainder of the sugar and the beaten yolks of eggs, stir and cook gently until the mixture thickens, but do not allow it to boil. Whisk the whites of eggs to a stiff froth, and sweeten with a little castor sugar. Place the apple pulp at the bottom of a pie-dish, pour the custard on top, and cover lightly with the white of egg. Sprinkle the surface liberally with castor sugar, and bake in a moderately cool oven until the méringue hardens and acquires a little colour.

TIME.—About 1½ hours. AVERAGE COST, 1*s.* 1*d.* SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

APPLE DUMPLINGS, BAKED.

INGREDIENTS.—½ lb. of short crust paste, 5 or 6 apples, according to size, 1 tablespoonful of currants, a little moist sugar.

METHOD.—Peel and core the apples, and fill the centre with currants. Roll out the paste thinly, and cut it into rounds nearly large enough to cover the apples. Place one in the centre of each round, wet the edges of the paste, and press gently to the top of the apple. Put them join downwards on a baking-sheet, and bake them 20 to 30 minutes in a moderately hot oven. When nearly done, brush lightly over with water, sprinkle over with moist sugar, and return to the oven to finish baking. Serve either hot or cold.

TIME.—About 1 hour. AVERAGE COST, *7d.* to *9d.* SUFFICIENT for 5 or 6 persons.

APPLE DUMPLINGS, BOILED.

INGREDIENTS.—¾ lb. of suet crust paste, 6 apples, 6 cloves, moist sugar.

METHOD.—Pare and core the apples, fill the cavities with sugar, and add a clove. Roll the paste and cut rounds large enough to rather more than ¾ cover the apples. Place one on each round of paste, slightly wet the edges, and press them gently to the top of the apples where they must be completely joined. Tie each dumpling in the corner of a well-floured pudding cloth, put them into boiling water, and boil gently from 40 to 50 minutes.

TIME.—To make and cook, from 1½ to 1¾ hours. AVERAGE COST, *9d.* each. SUFFICIENT for 5 or 6 persons.

APPLE FOOL.

INGREDIENTS.—1 pint of apple pulp, ¼ pint of stiffly-whipped cream, sugar to taste.

METHOD.—Bake or stew the apples, pass them through a fine sieve, sweeten to taste, and stir in the cream. Serve in a glass dish or custard glasses.

TIME.—About 1 hour. AVERAGE COST, 1*s.* SUFFICIENT for 3 or 4 persons.

APPLE FRITTERS.

INGREDIENTS.—4 apples, 2 tablespoonfuls of flour, 2 tablespoonfuls of warm water, 1 dessertspoonful of salad-oil, or oiled butter, 1 white of egg, salt, sugar, frying-fat.

METHOD.—Pare and core the apples, cut them into slices of even thickness, sprinkle them well with sugar, and let them remain thus for ½ hour. Sift the flour and salt in a basin, add the oil and the water gradually, stir until smoothly mixed, then beat well. Let the mixture stand for at least 1 hour, and then stir in the stiffly-whisked white of egg. Dip each apple ring into the batter, take it up on the point of a skewer, and drop at once into hot fat. Fry rather slowly until crisp and lightly-browned, then drain well, dredge with castor sugar, and serve as quickly as possible.

TIME.—Altogether, about 1 hour. AVERAGE COST, *6d.* SUFFICIENT for 5 or 6 persons.

APPLE FROST WITH CREAM.

INGREDIENTS.—10 small sour cooking apples, 10 ozs. loaf sugar, castor sugar, ½ pint of cream, 3 whites of eggs, 1 teaspoonful of lemon-juice, 1 inch of cinnamon, 2 cloves, 10 crystallized cherries, angelica.

METHOD.—Peel and core the apples carefully without breaking. Place the loaf sugar in a stewpan with ½ pint of water, the sugar, lemon-juice, cloves, and cinnamon, and reduce to a syrup, skimming meanwhile. Arrange the apples in a sauté-pan, pour the syrup round, cover with a buttered paper, and bake gently until tender. Transfer them to a buttered baking-sheet, cover the entire surface lightly with stiffly-whisked sweetened white of egg, by means of a pipe and forcing bag, and dredge well with castor sugar. Bake in a slow oven until the méringue hardens and acquires a little colour, and let them become quite cold. When ready to serve, whip the cream stiffly, stir in 1 dessertspoonful of castor sugar, pile a little in the centre of each apple, dish each one on a little bed of cream, and serve the remainder in the centre of the dish. Decorate each apple with a cherry and strips of angelica, then serve.

TIME.—About 3 hours. AVERAGE COST 2*s.* 6*d.* to 2*s.* 9*d.* SUFFICIENT for 7 or 8 persons. SEASONABLE at any time.

APPLE GINGER.

INGREDIENTS.—2 lbs. of sour cooking apples, 2 lbs. of loaf sugar, ½ oz. of extract of ginger, 1½ pints of water.

METHOD.—Make a syrup by dissolving the sugar in the water; bring slowly to boiling point, skim well, and simmer for 8 or 10 minutes. Meanwhile peel, core, and cut each apple into 8 sections, add them with the extract of ginger to the syrup, and simmer gently until soft, but not broken. Turn into jars, cover at once with ready prepared paper, or paper brushed over with white of egg, fasten securely, and store in a cool, dry place.

AVERAGE COST, 1*s.* to 1*s.* 3*d.* SEASONABLE in October.

APPLE HEDGEHOG.

INGREDIENTS.—1 dozen sour cooking apples, 5 ozs. of moist sugar, castor sugar, 1 oz. of blanched baked almonds, 2 whites of eggs, the finely-grated rind of ½ a lemon, 1 pint of water.

METHOD.—Peel the apples, core 8 of them carefully, and slice the remainder. Place the 8 whole apples in a stewpan with the moist sugar and water, stew gently until tender, then transfer them carefully to a dish. Put the sliced apples into a stewpan, cook them in the syrup until perfectly soft, and beat them into a pulp. Spread a layer of this pulp on a dish, place the whole apples on the top of it, fill the spaces between them with apple pulp, and cover the surface with the remainder, raising it slightly in the centre, in the form of a dome. Whisk the whites of eggs stiffly, sweeten to taste with castor sugar, and spread lightly over the apples. Insert the strips of almonds uniformly, to represent the back of a hedgehog, and serve.

TIME.—From 1¾ to 2 hours. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

APPLE JAM.

INGREDIENTS.—4 lbs. of sour cooking-apples, 3 lbs. of preserving sugar, the finely-grated rind and juice of 2 lemons, 1 saltspoonful of ground cinnamon, ¼ pint of cold water.

METHOD.—Pare, core, and cut the apples into thick slices. Place them in a preserving-pan, add the sugar, lemon-rind and juice, cinnamon, and water, and cook gently until reduced to a pulp. During the first part of the process stir occasionally, but towards the end, when the greater part of the moisture has evaporated, stir more frequently to prevent the preparation sticking to the bottom of the pan. Pour into jars at once, cover closely, and store in a cool, dry place.

TIME.—From 40 to 50 minutes. AVERAGE COST, 1*s.* 8*d.*

APPLE JELLY.

INGREDIENTS.—1 lb. of apples, 3 ozs. of castor sugar, ½ oz. of leaf gelatine, 1 lemon, ½ pint of water.

METHOD.—Peel and slice the apples, put them into a stewpan with the sugar, water, the juice and thinly-cut rind of the lemon, simmer until tender, and rub through a fine sieve. Melt the gelatine in 2 tablespoonfuls of water, strain, and stir it into the apple preparation, and turn into a prepared mould.

TIME.—About 1 hour. AVERAGE COST, 6*d*. SUFFICIENT for 1 medium-sized mould.

APPLE MARMALADE.

INGREDIENTS.—2 lbs. of apples, 4 ozs. of sugar, 1 oz. of butter.

METHOD.—Peel, core, and quarter the apples, place them in a jar with the sugar and butter, and stand the jar in a saucepan containing boiling water, or, when more convenient, in a cool oven. Cook until soft, pass through a fine sieve, and use for filling turnovers or other kinds of pastry.

TIME. — 1½ hours. AVERAGE COST, 2*d*. to 3*d*. per lb. SEASONABLE at any time.

APPLE PUDDING, BAKED.

INGREDIENTS.—6 sour cooking apples, ½ pint of breadcrumbs, 2 or 3 tablespoonfuls of sugar, 1 oz. of butter, 1 egg.

METHOD.—Pare, core, and cut the apples into slices, put them into a stewpan with the sugar and 2 or 3 tablespoonfuls of water, cook until tender, then stir in the butter and well-beaten egg. Coat the bottom and sides of a well-buttered piedish thickly with breadcrumbs, add the apple pulp, cover with the remainder of the breadcrumbs, put a few pieces of butter on the top, and bake gently for about ¾ of an hour, keeping the dish covered with greased paper to prevent the surface from becoming too brown.

TIME.—About 1 hour. AVERAGE COST, 9*d*. to 10*d*. SUFFICIENT for 3 or 4 persons.

APPLE PUDDING, BAKED.
(Another Method).

INGREDIENTS.—5 medium-sized apples, 3 tablespoonfuls of flour, 2 tablespoonfuls of finely-chopped suet, 1 pint of milk, 2 eggs, a little nutmeg, a good pinch of salt.

METHOD.—Make a batter of the flour, salt, eggs, and milk (*see* Yorkshire Pudding). Pare the apples, cut them into quarters and remove the core. Place them in a piedish, sprinkle on the suet, pour in the batter, grate a little nutmeg on the top, and bake in a moderately hot oven for 1 hour. Serve with sugar.

TIME.—1½ hours. AVERAGE COST, 8*d*. or 9*d*. SUFFICIENT for 5 or 6 persons.

APPLE PUDDING, BOILED.

INGREDIENTS.—¼ lb. of breadcrumbs, ¼ lb. of suet (finely-chopped), ¼ lb. of apples, ¼ lb. moist sugar, 2 eggs, ¼ pint of milk, a good pinch of salt, a good pinch of nutmeg.

METHOD.—Pare, core, and chop the apples coarsely. Mix all the dry ingredients together, add the eggs, previously beaten, and the milk, and mix well. Let the mixture stand 1 hour for the bread to soak, then if not sufficiently moist for the mixture to drop readily from the spoon, add a little more milk. Pour into a well-greased basin, and steam 2 hours. Serve with a suitable sauce.

TIME.—Altogether, 2¼ hours. AVERAGE COST, 8*d*. or 9*d*. SUFFICIENT for 5 or 6 persons.

APPLE PUDDING, BOILED.
(Another Method).

INGREDIENTS.—12 ozs. of flour, 6 ozs. of suet, 1 teaspoonful of baking-powder, 2 lbs. of apples, 2 tablespoonfuls of moist sugar, 6 cloves, if liked.

METHOD.—Peel, core, and cut the apples into rather thick slices. Make the paste as directed for Suet Crust. Cut off rather more than a ¼ of the paste for the lid, roll out the remainder, and with it line the basin, previously well greased. Put in half the fruit, then the sugar, intersperse the cloves, cover with the remainder of the fruit and add ½ gill of cold water. Roll out the rest of the pastry to the size of the top of the basin, moisten the edges slightly, and join them carefully to the edges of the pastry lining the basin. If the pudding is to be boiled, cover the top with a well-floured cloth; if steamed, 2 folds of greased paper may be used. Cook from 2½ to 3 hours.

TIME.—3 to 3½ hours. AVERAGE COST, 1*s.* to 1*s.* 3*d.* SUFFICIENT for 7 or 8 persons.

APPLE SAUCE.

INGREDIENTS.—1 lb. of apples, 1½ ozs. of sugar (or to taste), 1 oz. of butter, a little water if NECESSARY.

METHOD.—Peel, core, and slice the apples, put them into a saucepan with the sugar, butter, and a very little water, and cook them until tender. Add more sugar if necessary, before serving.

TIME.—30 to 40 minutes. AVERAGE COST, 4*d.* to 5*d.*

APPLE SNOW.

INGREDIENTS.—6 sour cooking apples, 4 ozs. of sugar, or to taste, yolks of 4 eggs, 2 whites of eggs, the grated rind of ½ lemon, vanilla pod, ½ pint of milk, 1 tablespoonful of cream.

METHOD.—Pare, core, and slice the apples, put them into a stewpan with the lemon-rind, 2 ozs. of sugar and a little water. Cook until tender, rub them through a fine sieve, let the purée cool, then stir in the cream. Simmer the milk and vanilla pod together until sufficiently flavoured, then remove the pod (dry it and place in castor sugar for future use), add sugar to taste, stir in the well-beaten yolks of eggs, and cook by the side of the fire until they thicken, stirring meanwhile. Now put the apple purée into a buttered piedish, pour the custard on the top, and cover with the stiffly-whisked whites of eggs. Dredge liberally with castor sugar, and bake in a moderate oven until the surface hardens and acquires a little colour. Serve hot or cold.

TIME.—About 1 hour. AVERAGE COST, 1*s.* 1*d.* SUFFICIENT for 5 or 6 persons.

APPLE SNOW (Another Method).

INGREDIENTS.—6 apples, 2 whites of eggs, 2 tablespoonfuls of castor sugar, 1 tablespoonful of coarsely-chopped candied peel, 2 tablespoonfuls of sherry, the thinly-cut rind of ½ a lemon.

METHOD.—Peel, core, and slice the apples, put them into a stewpan with the water, sherry, sugar, and lemon-rind. Cook gently until tender, pass through a hair sieve, add the stiffly-whisked whites of eggs, and whisk until the mixture becomes firm. Stir in the candied peel, and serve in small glasses.

TIME.—About 1¼ hours. AVERAGE COST, from 1*s.* to 1*s.* 3*d.* SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

APPLE SNOWBALLS.

INGREDIENTS.—Apples. To each apple allow 1 tablespoonful of rice, ½ pint of milk, or milk and water mixed, a clove, 1 teaspoonful of moist sugar.

METHOD.—Simmer the rice in the milk until all the milk is absorbed (a good pinch of salt should be added to the rice and milk, and, if liked, 1 tablespoonful of sugar to every pint of milk). Pare and core the apples, keeping them whole, fill the centre of each with sugar, and put in a clove, if liked. Cover with the rice, and tie each ball in the corner of a pudding cloth. Put into boiling water, and boil gently from 45 to 60 minutes. Serve with sugar.

TIME.—About 2 hours. AVERAGE COST, 1½*d.* to 2*d.* each. Allow 1 to each person.

APPLE TART.

INGREDIENTS.—2 lbs. of apples, 2 tablespoonfuls of moist sugar, 4 cloves or ¼ teaspoonful of grated lemon-rind, short crust.

METHOD.—Peel, core, and cut the apples into thick slices. Roll the paste into an oval form a little larger than the top of the piedish, invert the dish in the centre of the paste, and cut round, leaving a ¼-inch margin on all sides. Line the edge of the piedish with the trimmings, put in half the apples, add the sugar, and flavouring ingredient, then the remainder of the fruit. Moisten the paste lining the edge of the dish with water, put on the cover, press the edges together, and notch them at intervals of about ⅛ of an inch. Bake in a brisk oven from 40 to 50 minutes, and when the paste has risen and set, brush it over lightly with cold water, and dredge well with castor sugar. This must be done quickly, and the tart immediately replaced in the oven. If the tart is to be eaten cold, directly it leaves the oven the crust should be raised gently with a knife, to allow some of the steam to escape, otherwise it may lose some of its crispness.

TIME.—About 1 hour. AVERAGE COST, 6*d.* to 8*d.*, exclusive of the pastry. SUFFICIENT for 6 or 7 persons.

APPLE TART, CREAMED.

INGREDIENTS.—Short crust, 2 lbs. of apples, 2 tablespoonfuls of moist sugar, 1 oz. of butter, 1 pint of custard sauce.

METHOD.—Pare, core, and cut the apples into thick slices, put them into a stewpan with the sugar, butter, and 1 or 2 tablespoonfuls of water, and cook very gently until tender. Pass the apples through a hair sieve, add more sugar, if necessary, and put the purée into a piedish lined with pastry (*see* Apple Amber).

Bake in a quick oven until the paste has risen and set, then add the prepared custard, and bake more slowly until the pastry is sufficiently cooked and the custard firm. Serve either hot or cold.

TIME.—From 40 to 50 minutes. AVERAGE COST, 1*s.* 4*d.* to 1*s.* 6*d.* SUFFICIENT for 6 or 7 persons.

APPLE TRIFLE.

INGREDIENTS.—2 lbs. of sour cooking apples, 6 ozs. of sugar, ⅓ of a pint of cream, ½ pint of boiled custard, 3 sponge cakes, the finely-grated rind of ½ a lemon, glacé cherries, angelica.

METHOD.—Peel, core, and slice the apples, stew them with the lemon-rind, sugar, and 2 tablespoonfuls of water in a jar until tender, and rub through a hair sieve. Cut each sponge cake into 3 or 4 slices, place them in a glass dish, cover with the apple purée, pour over the custard, and let the preparation stand until perfectly cold. Then whip the cream stiffly, spread it lightly over the entire surface, and garnish with halved cherries and strips of angelica.

TIME.—Altogether, about 2 hours. AVERAGE COST, 1*s.* 9*d.* to 2*s.* SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

APPLE TURNOVER.

(*See* **Fruit or Jam Turnovers**).

APPLE WATER.

INGREDIENTS.—6 fresh or preserved apples, 1 oz. of castor sugar, 1 quart of boiling water.

METHOD.—If fresh apples are used, peel and core them first. Place the apples in a jug, with a teacupful of the juice and the sugar, add the boiling water, and cover closely. Serve cold.

TIME.—1 hour, if cooled on ice. AVERAGE COST, 6*d.* SUFFICIENT for 1 quart.

APPLE WATER ICE.

INGREDIENTS.—1 pint of apple pulp, 1 pint of syrup, 2 tablespoonfuls of lemon-juice.

METHOD.—Stew the apples in a jar, pass them through a hair sieve, and stir the pulp into the hot syrup. When cold, add the lemon-juice, and freeze. A few drops of carmine or cochineal improves the colour.

TIME.—From 2½ to 3 hours. AVERAGE COST, 9*d.* SUFFICIENT for 10 or 12 persons.

APPLE WINE.

INGREDIENTS.—5 gallons of good cider, 10 lbs. of loaf sugar.

METHOD.—Put the cider into a cask it will about ¾ fill, add the sugar, and stir occasionally with a piece of wood or cane until the sugar is quite dissolved; at the end of 48 hours put in the bung, and place a small vent peg near the top of the cask. Allow the cask to remain for 12 months in a cool dry place, when the wine will be ready for use.

APPLES AND CREAM.

INGREDIENTS.—2 lbs. of sour cooking apples, 5 ozs. of moist sugar, 1 lemon, ⅓ pint of cream.

METHOD.—Peel, core, and slice the apples, place them in a jar with the thinly-cut rind of the lemon, 2 tablespoonfuls of water and the sugar, and cook on the stove or in the oven until tender. Pass through a hair sieve, add the lemon-juice, and more sugar, if necessary, and ¾ fill custard glasses with the preparation. Whip the cream stiffly, sweeten to taste, and pile lightly on the top of the apple purée.

TIME.—From 1½ to 1¾ hours. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

APPLES AND RICE.

INGREDIENTS.—4 or 5 apples, 1¼ pints of milk, 2 tablespoonfuls of rice, 1 heaped tablespoonful of sugar, 1 oz. of butter, lemon-rind and other flavouring, a good pinch of salt, raspberry jam, or sugar and butter.

METHOD.—Wash the rice, put it into a saucepan with salt, lemon-rind, and milk, simmer until the greater part of the milk is absorbed and the rice becomes tender, then stir in the butter and sugar, and remove the lemon-rind. Peel and core the apples, place them in a piedish, fill the cavities with raspberry jam or a little butter and sugar. Fill the spaces between the apples with rice, and bake in a slow oven until the apples are tender, but not broken.

TIME.—About 1 hour. AVERAGE COST, 8*d.* to 10*d.* SUFFICIENT for 4 or 5 persons.

APPLES AND SAGO.

INGREDIENTS.—4 or 6 cooking apples, 1 pint of water, 2 tablespoonfuls of moist sugar, 1 tablespoonful of fine sago, the rind and juice of ½ a lemon, a few drops of carmine or cochineal.

METHOD.—Peel and core the apples, keeping them whole. Boil the water, sprinkle in the sago, stir and cook until clear. Now add the apples, sugar, lemon-rind, and juice, and simmer very gently until the apples are tender; then remove them, place them in a deep dish, add a few drops of cochineal to the syrup, and pour it over the apples.

TIME.—From 40 to 60 minutes. AVERAGE COST, 6d. to 8d. SUFFICIENT for 4 or 5 persons.

APPLES, BAKED.

INGREDIENTS.—6 apples, 1 white of egg, castor sugar, jam or jelly.

METHOD.—Pare and core the apples, keeping them whole; roll up an apple-paring tightly, and place it in the centre of each apple. Brush over with white of egg, and put aside until it dries; then re-coat, sprinkle with castor sugar, put the apples into a piedish, cover with a greased paper, and bake in a slow oven until tender. Be careful not to over-cook, or they may break. When done, remove the apple-paring, and fill the cavity with blackberry or black currant jelly, blackberry or raspberry jam, or whatever may be preferred; a small piece of butter and some brown sugar is liked by many.

TIME.—About 1 hour. AVERAGE COST, 4d. to 6d., exclusive the jam. SUFFICIENT for 4 or 5 persons.

APPLES IN RED JELLY.

INGREDIENTS.—6 apples, 6 ozs. of loaf sugar, ½ oz. of leaf gelatine, 1 pint of boiling water, the thinly-cut rind of 1 lemon, 4 cloves, 1 white of egg, castor sugar, cochineal.

METHOD.—Peel and core the apples, place them in a stewpan large enough to allow them to stand side by side, pour over them the hot water, in which the loaf sugar has been previously dissolved, and add the lemon-rind and cloves. Cover and stew very gently until the apples are tender, then remove them, brush the tops of them with white of egg, and sprinkle liberally with castor sugar. Add the gelatine to the contents of the stewpan, stir until dissolved, then strain into a basin, and colour red with cochineal. Place the apples in a deep glass dish, pour the syrup round, and put aside in a cold place until set.

TIME.—About 1 hour. AVERAGE COST, 10d. SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

APPLES (Lexington Style).

INGREDIENTS.—6 sour cooking apples, 1 oz. flour, 1 oz. castor sugar, 1 egg, cake crumbs, ground cinnamon, preserved pineapple or pineapple jam, fruit syrup, frying-fat.

METHOD.—Pare, core, and steam the apples until half-cooked, and let them become cold. Then mix the flour and sugar together, roll each apple in the mixture, brush them carefully with egg and coat with cake crumbs, then fry in hot fat until nicely browned. Fill the centre with finely chopped pineapple or pineapple jam, pour hot pineapple syrup round the dish, and serve.

TIME.—From 1¼ to 1½ hours. AVERAGE COST, 9d. to 1s. 3d. SUFFICIENT for 5 or 6 persons.

APPLES WITH CUSTARD SAUCE.

Ingredients.—6 apples, raspberry jam. For the custard: ½ pint of milk, 2 yolks of eggs, 1 white of egg, 1 dessertspoonful of sugar.

Method.—Pare and core the apples, keeping them whole; roll up an apple paring tightly, and place it in the centre of each apple. Put them in a deep baking-dish, barely cover the bottom of the dish with cold water, place on the top an inverted dish or piedish to keep in the steam, and bake gently until tender. Lift carefully on to a hot dish, remove the apple parings, fill the cavity with jam, and pour the custard round. (*See* Custard Sauce.)

Time.—About 40 minutes. Average Cost, 8*d.* or 9*d.* Sufficient for 4 or 5 persons.

APRICOT BOUCHÉES.

Ingredients.—Puff paste, 1 tin of preserved apricots, castor sugar, ¼ pint of whipped-cream.

Method.—When the paste has had the necessary number of turns, roll it out to rather less than ½ an inch in thickness. With a hot, wet cutter stamp out some rounds about 2 inches in diameter, and make a deep, circular indentation with a smaller cutter. Bake in a quick oven, and when cool scoop out the paste within the ring. Meanwhile, well drain the apricots from the syrup, put half an apricot, the rounded side down, in to each case, and fill the hollow with stiffly-whipped sweetened cream.

Time.—12 minutes to bake. Average Cost, 2*d.* each.

APRICOT CREAM.

Ingredients.—½ pint of apricot purée, ½ pint of cream, 1½ ozs. of castor sugar, ¾ oz. of leaf gelatine, 1 teaspoonful of lemon-juice, ¼ pint of apricot syrup, cochineal.

Method.—Tinned or bottled apricots may be used, and the purée is made by passing them through a fine sieve. Whip the cream stiffly, and stir it lightly into the purée. Dissolve the gelatine in a little water and put with the syrup, add the sugar and lemon-juice, and let it cool, then strain into the cream, etc., and add cochineal drop by drop until the desired colour is obtained. Pour the mixture into the prepared mould, and stand on ice or in a cold place until firm.

Time.—From 20 to 30 minutes, after the mould is prepared. Average Cost, about 1*s.* 6*d.* Sufficient for 1 medium-sized mould.

APRICOT FRITTERS.

Ingredients.—10 to 12 apricots (preserved fruit will do), castor sugar, ground cinnamon, frying-fat. For the yeast batter: 8 ozs. of flour, ¼ oz. of yeast, 1½ ozs. of oiled butter, milk, ½ a teaspoonful of castor sugar, a pinch of salt.

Method.—Cream the yeast smoothly with a little tepid milk, add 2 ozs. of flour, mix into a light dough, and let it rise in a warm place. When it has risen to nearly twice its original size add the salt, sugar, warm butter, flour, and as much tepid milk as is needed to form a light dough. Let it rise again, and meanwhile drain the apricots from the syrup. Cover the halves of the apricots completely with a thin coating of dough, place them on a well-buttered paper, let them remain near the fire for about ½ an hour, then fry in hot fat until nicely browned. Drain well, sprinkle with castor sugar and cinnamon, then serve.

Time.—About 2 hours. Average Cost, 11*d.* Sufficient for 8 or 9 persons.

APRICOT ICED EGGS.

Ingredients.—12 apricots (preserved ones will serve), 6 ozs. of castor sugar, 1 pint of cream, the juice of 1 lemon, 2 or 3 drops of carmine.

Method.—Pass the fruit through a hair sieve, stir in the sugar and lemon-juice, and add the cream stiffly whipped. Mix in a little carmine, freeze, press lightly into egg moulds, and pack in ice until required.

Time.—To make and freeze, about 2 hours. Average Cost, 2*s.* 9*d.* to 3*s.* 3*d.* Allow 1 to each person.

APRICOT JAM OR MARMALADE.

Ingredients.—Equal weight of firm, ripe apricots and fine preserving sugar.

Method.—Skin the apricots carefully, break them in halves and remove the stones. Weigh the fruit, and allow an equal amount of sugar. Pile the apricots on a large dish, sprinkle each layer with sugar, let them stand for 12 hours, and meanwhile remove the kernels from the stones and blanch them. When ready, place the fruit, sugar, and kernels in a preserving-pan, simmer very gently, skimming meanwhile, and as the pieces of apricot become clear remove them from the syrup and place them at once in the pots. Pour on the syrup and kernels, cover with pieces of paper dipped in salad-oil, and stretch over the tops of the jars tissue paper, brushed over with white of egg. When dry, the cover will be perfectly hard and airtight.

Time.—12 hours, sprinkled with sugar. Average Cost, 10*d.* to 1*s.* per lb.

APRICOT JELLY.

Ingredients.—18 large apricots, 1½ pints of syrup (*see* Recipe To Clarify Sugar for Syrup), 1½ ozs. of gelatine, 3 tablespoonfuls of lemon-juice.

Method.—Remove the stones, and slice the apricots thinly. Make the syrup as directed, pour it boiling over the apricots, and add the lemon-juice. Soak the gelatine in a little cold water, and, when ready to use, stir it over the fire until dissolved. Allow the apricots to remain covered until nearly cold, then strain through a jelly bag, stir in the gelatine, and pour into a prepared mould.

Time.—About 1½ hours. Average Cost, 2*s.* 6*d.* to 3*s.* Sufficient for 1 quart.

APRICOT MOULD.

Ingredients.—1½ pints of milk, 2 ozs. of ground rice, 1 oz. of castor sugar, 4 tablespoonfuls of apricot jam, or ½ gill apricot pulp, and ½ gill of cream.

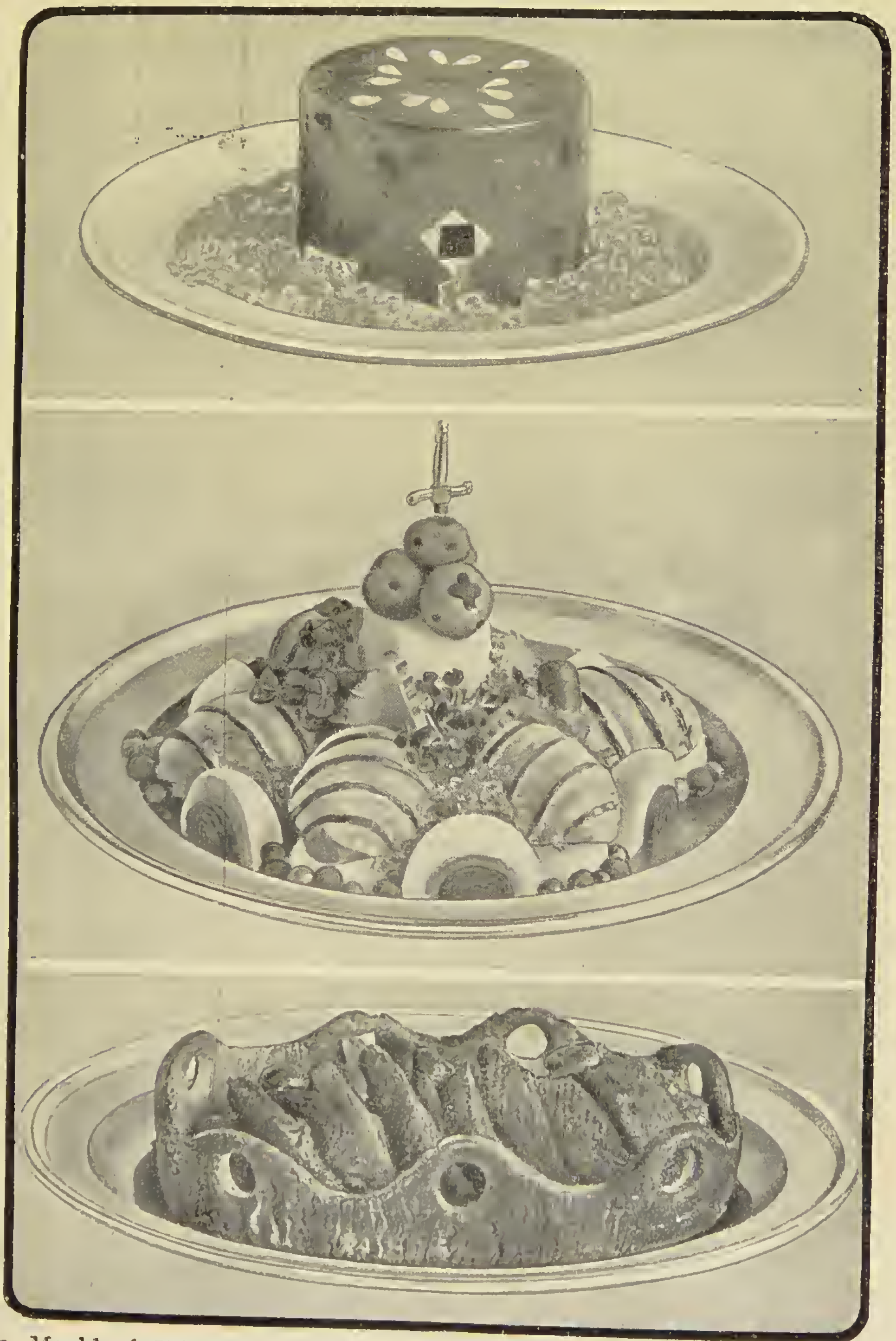
Method.—Bring the milk to boiling point, sprinkle in the ground rice, and simmer for about 10 minutes. Dilute the jam or pulp with a tablespoonful of hot water, and press it through a sieve or strainer into the stewpan. Add the sugar, and when well mixed pour the preparation into a wetted border mould. Let it stand until set, then turn out, and pile the stiffly-whipped sweetened cream in the centre.

Time.—From 25 to 30 mins. Average Cost, 10*d.* Sufficient for 5 or 6 persons.

APRICOT MOULD (Australian Dish).

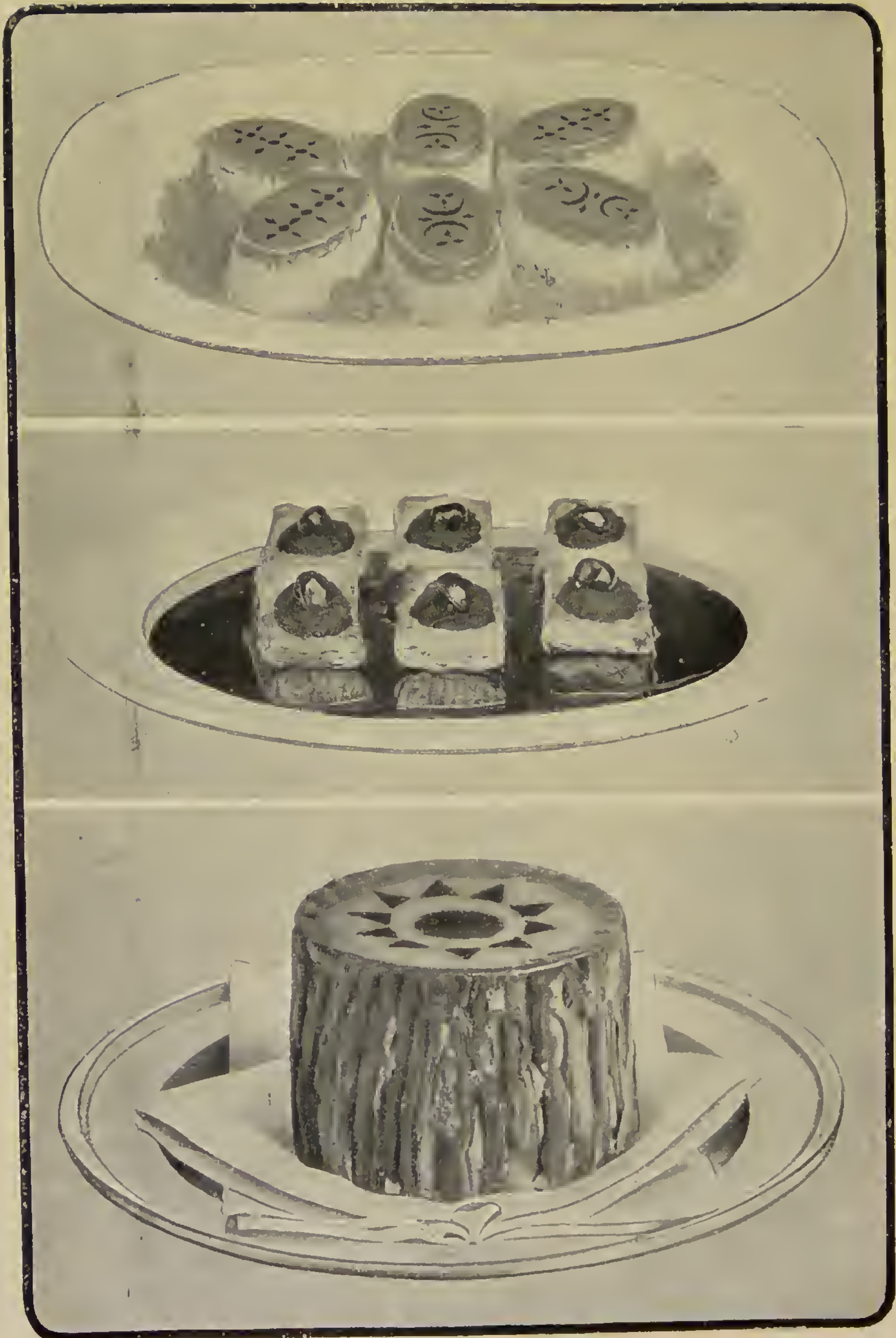
Ingredients.—2 dozen apricots, ½ pint of boiled custard, gelatine jelly, lemon-juice, castor sugar, ½

ENTRÉES. No. 1.



1. Mould of Chicken. 2. Quenelles of Quail (Cold). 3. Braised Fillets of Duckling in Paste Border.

ENTRÉES. No. 2.



1. Cold Chicken and Veal Timbales. 2. Soufflés of Duck, with Cherry and Spinach. 3. Moulded Sweetbread, with Asparagus.

oz. of gelatine, 4 ozs. of loaf sugar, ¼ pint of water.

METHOD.—Halve the apricots and remove the stones. Boil the 4 ozs. of loaf sugar in the ¼ pint of water to a syrup, put in the apricots, remove six halves when partially cooked, and the remainder when quite soft, and pass the latter through a fine sieve. Line a mould with jelly, and decorate it with the partially-cooked apricots. Dissolve the gelatine in a little hot water. Mix the apricot pulp and custard together, add sugar and lemon-juice to taste, and strain in the gelatine. Mix quickly and thoroughly, turn into the prepared mould, and keep on ice until firm.

TIME.—About 2 hours. AVERAGE COST, 1s. SEASONABLE in summer.

APRICOT PUDDING, BAKED.

INGREDIENTS.—1 tin or bottle of apricots, ¾ pint of fresh breadcrumbs, 3 tablespoonfuls of moist sugar, 1 pint of milk, 3 eggs, the juice of 1 lemon, and, if liked, a glass of sherry, short crust.

METHOD.—Boil the milk, pour it on the breadcrumbs, and let them soak for ½ hour. Rub the apricots through a hair sieve, add to them the lemon-juice, sugar, sherry, 3 yolks and 1 white of egg, and mix well together. Have ready a piedish with the edges lined, as directed in the recipe for Apple Amber, add the milk and breadcrumbs to the rest of the ingredients, pour into the piedish, and bake in a steady oven until set. Whip the whites to a stiff froth, add to them 1 tablespoonful of castor sugar, and when the pastry is three-quarters baked, and the apricot mixture set, pile them on the top of the pudding. The surface should be liberally sprinkled with castor sugar, and it may also be decorated with strips of crystallized apricots. Return to the oven, and bake until the méringue acquires a pale fawn colour. Serve either hot or cold.

TIME.—From 1¼ to 1½ hours. AVERAGE COST, 1s. 3*d*. to 1s. 6*d*., without the sherry. SUFFICIENT for 6 or 7 persons.

APRICOT SAUCE.

INGREDIENTS. — 3 ozs. of apricot marmalade or jam, 1 pint of water, ½ glass of sherry, 1 oz. of sugar, 1 teaspoonful of arrowroot.

METHOD.—Put the water, sugar, and jam into a saucepan, and boil up. Mix the sherry and arrowroot together, pour the mixture into the saucepan, stir until it thickens, and serve.

TIME.—15 to 20 minutes. AVERAGE COST, 4*d*. to 5*d*. for this quantity.

APRICOT SOUFFLÉ.

INGREDIENTS.—6 fresh or tinned apricots, 4 ozs. of Vienna flour, 2 ozs. of butter, 2 ozs. of castor sugar, ½ pint of milk, 3 yolks of eggs, 4 whites of eggs.

METHOD.—Drain the apricots well, and pass them through a hair sieve. Melt the butter, stir in the flour, add the milk (some of the milk may be replaced by apricot syrup), and cook over the fire until the mixture no longer adheres to the sides of the stewpan. Let it cool slightly, then beat in the yolks of eggs, add the sugar, apricot pulp, and stir in as lightly as possible the stiffly-whisked whites of eggs. Have ready a well-buttered soufflé mould, turn in the mixture, and steam slowly from 40 to 45 minutes. Unmould, and serve with a suitable sauce. Send to table as quickly as possible.

TIME.—To cook, from 40 to 45 minutes. AVERAGE COST, 1s. 2*d*. SUFFICIENT for 6 or 7 persons.

APRICOT TART.

INGREDIENTS.—1 tin of apricots, sugar to taste, short crust paste.

METHOD.—Place the apricots in a piedish, sprinkle with sugar, and half fill the dish with the syrup from the tin. Cover with paste (*see* Apple Tart), and bake in a quick oven from 30 to 40 minutes. When the paste has risen and set, brush it over lightly with cold water, and dredge well with castor sugar. Return quickly to the oven, and finish baking.

TIME.—About 1¼ hours. AVERAGE COST, 1*s.* to 1*s.* 2*d.* SUFFICIENT for 5 to 7 persons.

APRICOT TRIFLE.

INGREDIENTS.—1 bottle or tin of apricots, stale sponge cake, ⅓ pint of cream, 1 tablespoonful of almonds blanched and shredded, 1 tablespoonful of castor sugar, 1 tablespoonful of lemon-juice.

METHOD.—Strain the apricots, and boil the syrup and sugar together for ½ an hour. Cut the sponge cake into ½-inch slices, and stamp them out into rounds a little larger than ½ an apricot. Place them on a dish, pour the syrup over them, and leave for 1 hour. Now remove them to a dish and add ½ an apricot to each piece. Strain the syrup, mix with it the lemon-juice, and pour it over the apricots. Stick the shredded almonds in the apricots, and serve the stiffly-whipped sweetened cream piled in the centre of the dish. Peaches or pineapple may also be used in this manner, the trimmings of the latter being mixed with the cream. For a plain dish, stale bread may replace the sponge cake, and a good custard may be substituted for the cream.

TIME. — 2½ hours. AVERAGE COST, 2*s.* SUFFICIENT for 7 persons.

APRICOT WINE.

INGREDIENTS.—12 lbs. of sound but not over-ripe apricots, 1 lb. of loaf sugar, 1 pint of white wine, 3 gallons of water, 1 tablespoonful of compressed yeast, or 1 tablespoonful of good brewer's yeast.

METHOD.—Remove the stones of the fruit, take out the kernels, and cut each apricot into 6 or 8 pieces. Put them into a preserving-pan with the water, sugar, and about half the kernels, and simmer very gently for 1 hour. Turn the whole into an earthenware vessel, let it remain undisturbed until cool, then stir in the yeast; if compressed yeast is used it must previously be mixed smoothly with a little warm water. Cover the vessel with a cloth, let it remain undisturbed for 3 days, then strain the liquid into a clean, dry cask, add the white wine, and bung lightly. At the end of 6 months draw off the wine into bottles, cork them closely, store in a cool, dry place for about 12 months, and the wine will be then ready for use.

APRICOTS AND RICE (Australian Dish).

INGREDIENTS.—2 dozen fresh ripe apricots, 3 tablespoonfuls of apricot marmalade, 1 quart of milk 1 breakfastcupful of rice, 1 breakfastcupful of sugar, 3 eggs, the rind of 1 lemon, the juice of 2 lemons.

METHOD.—Simmer the rice and lemon-rind in the milk until the rice is tender, adding more milk if the rice becomes too dry before it is sufficiently cooked. Take out the lemon-rind, stir in 2 tablespoonfuls of sugar and the eggs, and cook gently by the side of the fire for a few minutes longer. Place a jar in the centre of a glass dish, and pile the rice round it, sloping it towards the edge of the dish, and put aside until cold. Strain the lemon-juice over the rest of the sugar, boil the syrup, put in the apricots previously peeled, halved, and stoned, and a few of the kernels blanched and shredded, and boil gently until cooked, but not broken. Remove the jar, and place the apricots carefully in the space it occupied, piling them high in the centre, add the apricot marmalade to the syrup, and strain it over the apricots. Garnish with the remainder of the kernels, and serve when quite cold.

TIME.—About 2 hours. AVERAGE COST, 1*s.* 9*d.* to 2*s.*

APRICOTS, DRIED (American Recipe).

INGREDIENTS. — Apricots (not quite ripe), sugar.

METHOD.—Pare, halve, and stone the fruit, pack it rather closely in a fireproof jar, and place the jar in a saucepan of boiling water. Cook until the apricots are quite tender, then drain well, place them on dishes in single layers, and dredge liberally with sugar. Let them remain in a warm place until dry, then pack in air-tight tins, with paper between each layer. Peaches, nectarines, and plums may be dried by above method.

TIME.—About 24 hours. SEASONABLE from August to September.

ARROWROOT (For Invalids).

INGREDIENTS.—1 dessertspoonful of arrowroot, 1 teaspoonful of castor sugar, ½ pint of milk or water.

METHOD.—Mix the arrowroot smoothly with a little cold milk, boil the remainder and pour it on, stirring briskly meanwhile. Return to the stewpan, and boil for 5 minutes, stirring all the time. Add the sugar, and serve. If preferred, an equal quantity of water may be substituted for the milk.

TIME.—10 minutes. AVERAGE COST, 1½*d.*

ARROWROOT BLANCMANGE.

INGREDIENTS.—4 heaped tablespoonfuls of arrowroot, sugar to taste, 1½ pints of milk, lemon-rind, vanilla or other flavouring.

METHOD.—Mix the arrowroot smoothly with a little cold milk, bring the remainder to boiling point, put in the flavouring ingredient, and infuse for 20 minutes. Strain the milk over the blended arrowroot and stir, replace in the stewpan, sweeten to taste, and boil gently for a few minutes. Rinse the mould with cold water, pour in the preparation, and put aside until set. Serve with stewed fruit, jam, or cold custard sauce.

TIME.—About 35 minutes. AVERAGE COST, 7*d.* or 8*d.* SUFFICIENT for 4 or 5 persons.

ARROWROOT PUDDING, BAKED.

INGREDIENTS.—1 pint of milk, 1 tablespoonful of arrowroot, 1 tablespoonful of castor sugar, 3 eggs, a pinch of salt.

METHOD.—Mix the arrowroot smoothly with a little milk, boil the remainder and add it to the arrowroot, stirring all the time. Return to the saucepan and boil gently until it thickens, then cool slightly. Add the sugar, yolks of eggs, previously well beaten, and stir by the side of the fire for 2 or 3 minutes. Whip the whites to a stiff froth, lightly add them to the rest of the ingredients, pour into a well-buttered piedish, and bake slowly for about ½ an hour.

TIME.—About 45 minutes. AVERAGE COST, 6*d*. SUFFICIENT for 4 or 5 persons.

ARROWROOT PUDDING, STEAMED.

INGREDIENTS.—1 tablespoonful of arrowroot, 1 tablespoonful of moist sugar, 1 pint of milk, the grated rind of ½ a lemon, 2 eggs.

METHOD.—Mix the arrowroot smoothly with a little of the milk, boil the remainder, and pour it over the arrowroot, stirring all the time. Return to the saucepan, stir and cook over the fire until thick, then cool slightly, and add the sugar, lemon-rind, and eggs, previously well beaten. Pour into a buttered mould or basin, and steam gently from 1¼ to 1½ hours. Serve with custard, wine, or any other suitable sauce.

TIME.—From 1½ to 1¾ hours. AVERAGE COST, 5*d*. to 6*d*. SUFFICIENT for 4 or 5 persons.

ARROWROOT SAUCE.

INGREDIENTS.—½ pint of boiling water, 1 tablespoonful of lemon-juice, 1 heaped dessertspoonful of arrowroot, 1 good tablespoonful of castor sugar, or to taste, grated nutmeg or ground cinnamon to flavour.

METHOD.—Blend the arrowroot smoothly with a little cold water, pour over it the boiling water, stirring meanwhile. Turn into a saucepan, add lemon-juice, sugar, and a good pinch of nutmeg or cinnamon, and simmer for 3 or 4 minutes. This sauce may be served with a variety of puddings, and the flavour varied by the addition of wine, fruit syrup, etc.

TIME.—About 8 minutes. AVERAGE COST, 2*d*.

ARROWROOT SAUCE, CLEAR.

INGREDIENTS.—½ pint of cider (equal quantities of wine and water, or any kind of fruit-juice may be substituted), 1 level dessertspoonful of arrowroot, sugar to taste, cinnamon, lemon-rind, or other flavouring ingredient.

METHOD.—Simmer the flavouring ingredient in the cider for 10 minutes. Mix the arrowroot smoothly with a little cold water, strain the cider into it, stirring meanwhile, and replace in the saucepan. Add sugar to taste, simmer gently for 4 or 5 minutes, then serve.

TIME.—About 15 minutes. AVERAGE COST, 5*d*. to 6*d*., when cider is used.

ARROWROOT SOUFFLÉ (Invalid Dish).

INGREDIENTS.—1 oz. of arrowroot, ½ oz. of sugar, 2 eggs, ½ pint of milk, bay leaf or other flavouring.

METHOD.—Mix the arrowroot smoothly with a little cold milk, boil the remainder with the flavouring ingredient, and let it infuse for 10 or 15 minutes. Strain on to the arrowroot, stirring briskly meanwhile, return the preparation to the stewpan, and simmer gently for about 10 minutes. Add the sugar, beat each yolk separately into the mixture, and lastly stir in the stiffly-whisked whites. Have ready a well-buttered china baking-dish, pour in the preparation, and bake in a moderately hot oven from 25 to 30 minutes.

TIME.—1 hour. AVERAGE COST, 4*d*.

ARTICHOKE SOUP.

INGREDIENTS.—2 pints of white second stock or water, 1 pint of milk, 2 lb. of Jerusalem artichokes, 2 onions, 1 strip of celery, 1 oz. of butter, pepper and salt.

Method.—Wash the artichokes, put a tablespoonful of vinegar into a basin of water and keep the artichokes in it as much as possible while paring them, to preserve their whiteness. Cut the onions, celery, and artichokes into slices, make the butter hot in a stewpan, fry the vegetables for 10 or 15 minutes without browning; then pour in the stock and boil until tender. Rub through a fine sieve, return to the saucepan, add the milk and seasoning, bring to the boil, and serve.

Time.—About 1¼ hours. Cost, 8*d.* to 10*d.* without the stock. Seasonable from October to February. Sufficient for 6 persons.

Note.—When a thicker soup is desired a dessertspoonful of cornflour or flour should be blended with a little milk or stock, and added to the soup a few minutes before serving.

ARTICHOKES, BOILED.

Ingredients.—⅔ Globe artichokes, salt, Hollandaise or other suitable sauce.

Method.—Wash the artichokes in several waters, cut off the stems, and, if necessary, trim the leaves. Put them into boiling water, add about 1 teaspoonful of salt to each quart of water, and if the water be hard, or the vegetable old, also add a piece of soda, the size of a Spanish nut. Keep the saucepan uncovered and boil quickly from 25 to 30 minutes, or until the vegetables are tender. Drain well, and serve with Hollandaise, white, or other suitable sauce, or, if preferred, oiled butter.

Time.—From 25 to 30 minutes. Average Cost, from 3*d.* to 6*d.* each. Seasonable, from July to October.

ARTICHOKES (French Method of Cooking).

Ingredients.—Globe artichokes, a small bunch of savoury herbs, salt, oiled butter.

Method.—Prepare the artichokes as directed in the preceding recipe. Place them in boiling water, add the herbs and a little salt, boil until tender, then drain well, and serve with oiled butter.

Time.—To cook the artichokes, 25 to 30 minutes. Average Cost, 3*d.* to 6*d.* each. Allow ½ a large artichoke or 1 small one to each persons. Seasonable from July to October.

ARTICHOKES, FRIED.

Ingredients.—6 artichokes. For the batter: 2 tablespoonfuls of flour, 2 tablespoonfuls of milk, 1 tablespoonful of salad-oil, 1 egg, salt.

Method.—Trim and boil the artichokes as in the preceding recipe. When they are quite tender take them up, remove the fibrous internal part, called the "choke," and divide the bottoms into 3 or 4 pieces, according to size. Mix the flour, salt, salad-oil, milk, and yolk of the egg smoothly together, and let it stand for a time. When ready to use, beat the white to a stiff froth, and stir it lightly into the batter. Have ready a deep pan of boiling fat, dip the pieces of artichoke into the batter, take them out on the point of a skewer, drop them into the fat, and fry light brown. Garnish with fried parsley, and serve with white sauce.

Time.—25 to 30 minutes to boil the artichokes; 5 to 7 minutes to fry them. Average Cost, from 1*s.* 10*d.* to 3*s.* Sufficient for 5 or 6 persons. Seasonable from July to October.

ARTICHOKES, JERUSALEM, BOILED.

Ingredients.—1½ to 2 lbs. Jerusalem artichokes, vinegar, salt, water, white sauce, or melted butter sauce.

Method.—Wash the artichokes and peel them, put them at once into the vinegar and water to preserve their colour. Have ready a saucepan of boiling water, to each quart allow a heaped teaspoonful of salt and a teaspoonful of vinegar, put in the artichokes, and boil gently for about 20 minutes. They should be tried frequently after a quarter of an hour, as they are apt to break and become discoloured if over-cooked. Drain well, and serve in a hot vegetable dish, with the sauce poured over.

Time.—About 20 minutes. Average Cost, *2d.* or *3d.* per lb. Seasonable from October to June.

ARTICHOKES, JERUSALEM, FRIED.

Ingredients.—Jerusalem artichokes, frying-batter.

Method.—Prepare and parboil the artichokes, cut them into rather thick slices, and season well with salt and pepper. Make the batter as directed in recipe for "Artichokes Fried," dip in the slices of artichokes, fry them until nicely browned in hot fat, and drain well. Garnish with crisply-fried parsley, and serve as hot as possible.

Time.—To parboil the artichokes, 20 minutes after the water boils; to fry them, 6 or 7 minutes. Average Cost, *2d.* to *3d.* per lb. Seasonable from October to June.

ARTICHOKES, JERUSALEM, MASHED.

Ingredients.—2 lbs of artichokes, 1 oz. of butter, 2 tablespoonfuls of cream, salt, and pepper.

Method.—Wash, peel, and boil the artichokes in the same manner as potatoes. Drain well, rub them through a fine sieve, replace them in the stewpan with the butter, cream and pepper, stir over the fire until the purée is quite hot, then serve.

Time.—From 30 to 35 minutes. Average Cost, from *2d.* to *3d.* per lb. Seasonable from October to June.

ARTICHOKES, JERUSALEM, WITH WHITE SAUCE.

Ingredients.—2 lbs. of artichokes, 1 quart of water (about), 1 heaped teaspoonful of salt, 1 teaspoonful of vinegar, ½ pint of white sauce.

Method.—Wash, peel, and trim the artichokes to a cone shape. Add the salt and vinegar to the water when boiling, put in the artichokes, and boil for about 20 minutes. Drain well, serve in a hot vegetable dish, and pour over the hot white sauce.

Time.—About 20 minutes. Average Cost, from *2d.* to *3d.* per lb. Seasonable from October to June.

ARTICHOKES, WITH MUSHROOM SAUCE.

Ingredients.—3 or 4 Globe artichokes, ½ lb. of mushrooms, ½ pint of white sauce, 1 oz. of butter, pepper and salt.

Method.—Trim the artichokes, cut them into quarters, and boil them until tender in slightly salted water. Melt the butter in a stewpan, peel and trim the mushrooms, fry them very gently for about 15 minutes, then add the white sauce, salt and pepper to taste, and stir the ingredients until they boil. Drain the artichokes, arrange them on the dish in a circle, with the leaves outwards, and pour the mushroom sauce in the centre.

TIME.—From 30 to 40 minutes, to boil the artichokes. AVERAGE COST, about 2*s.* 6*d.* SUFFICIENT for 8 or 10 persons. SEASONABLE from July to October.

ASPARAGUS, BOILED.

INGREDIENTS.—1 bundle asparagus, salt, water, toast.

METHOD.—Scrape the white part of the stems, beginning from the head, tie them into bundles of about 20 each, keeping all the heads in one direction. Cut the stalks evenly, and keep the asparagus in cold water until it is time to cook it. Have ready a saucepan of boiling water, add a heaped teaspoonful of salt to each quart of water, put in the asparagus, and boil gently for about 20 minutes, or until tender. Dish on toast, and serve with Hollandaise, white, or other suitable sauce, or, if preferred, oiled butter.

TIME.—About 20 minutes. AVERAGE COST, from 2*s.* to 3*s.* 6*d.* per 100 heads. SEASONABLE from April to July.

ASPARAGUS (French Style).

INGREDIENTS.—1 bundle or 100 heads of asparagus, 1 pint of milk (or equal quantities of milk and water), 1 head of lettuce finely shredded and cut into short lengths, 1 medium-sized onion parboiled and finely-chopped, 1 bay leaf, one sprig of thyme, 1½ ozs. of butter, 2 tablespoonfuls of flour, the yolks of 2 eggs, 1 teaspoonful of lemon-juice, salt and pepper, croûtes of buttered toast or fried bread, chopped parsley, strips of cucumber.

METHOD.—Wash and trim the asparagus, and tie it into 3 or 4 bundles. Bring the milk to boiling point, put in the asparagus, lettuce, onion, bay leaf, thyme, and salt, and simmer gently for about 20 minutes. Drain the asparagus well, cut off the points and the edible parts of the stalks, and keep them hot. Strain the milk and return it to the stewpan, add the butter and flour previously kneaded together, and stir until a smooth sauce is obtained. Beat the yolks of eggs slightly, add them to the sauce, and stir until they thicken, but do not allow the sauce to boil, or the yolks may curdle. Season to taste, and add the lemon-juice. Pile the asparagus on the croûtes, cover with sauce, garnish with strips of cucumber, and a little chopped parsley, and serve as a vegetable entremet, or as an entrée for a vegetarian dinner.

TIME.—From 30 to 40 minutes. AVERAGE COST, 5*s.* 6*d.* to 7*s.* SEASONABLE from April to July.

ASPARAGUS (Indian Style).

INGREDIENTS.—Asparagus, curry sauce.

METHOD.—Prepare, cook, and drain the asparagus (*see* Asparagus, Boiled), and serve with a little curry sauce, either poured over the points, or handed round separately.

ASPARAGUS POINTS, OR TIPS.

INGREDIENTS.—Green asparagus, oiled butter, pepper.

METHOD.—Cut the points and the tender green parts of the asparagus into short pieces, place them in slightly-salted boiling water, and cook gently from 5 to 10 minutes, according to size and age. Drain well, put the asparagus into a stewpan containing a little oiled butter, sprinkle with pepper, toss over the fire for a few minutes, then either serve as a garnish or vegetable. It is a mistake to add anything that will impair the delicate flavour of the asparagus, but sometimes a little chopped shallot and parsley are fried in the butter before putting in the asparagus ; and the dish may be still further varied by stirring in, just before serving, either a few tablespoonfuls of good white sauce, or 2 or 3 tablespoonfuls of thick cream and a yolk of egg.

Time.—To boil the asparagus, from 15 to 20 minutes. Average Cost, 2*s.* 6*d.* to 10*s.* 6*d.* per 100. Allow 100 points for 6 or 8 persons. Seasonable from April to July; obtainable from January.

ASPARAGUS PUDDING.

Ingredients.—¼ pint of asparagus points, 4 eggs, 2 tablespoonfuls of flour, 1 tablespoonful of very finely-minced ham, 1 oz. of butter, pepper and salt to taste, milk.

Method.—Cut up the nice green tender parts of asparagus, about the size of peas, put them into a basin with the eggs, which should be well beaten, and the flour, ham, butter, pepper, and salt. Mix all these ingredients well together, and moisten with sufficient milk to make the pudding of a consistency of thick butter. Put it into a pint buttered mould, tie it down tightly with a floured cloth, place it in boiling water, and let it boil for 2 hours. Turn it out of the mould on to a hot dish, and pour plain melted butter round, but not over the pudding.

Time.—2 hours. Average Cost, about 3*s.* 6*d.* Sufficient for 3 or 4 persons. Seasonable from April to July.

ASPARAGUS ROLLS.

Ingredients.—50 heads of asparagus, 6 small French rolls, ½ pint of milk, 1 oz. of butter, 1 oz. of flour, the yolks of 2 eggs, salt and pepper.

Method.—Remove the crust from the bottom of each roll, scoop out the inside, and, if convenient, fry them in hot fat ; if not, crisp them in the oven. Boil the asparagus in the usual way, then cut off the points and keep them hot, and rub the stalks through a fine sieve. Heat the butter in a stewpan, stir in the flour, and cook slightly, then add the milk, and stir until boiling. Put in the purée of asparagus and yolks of eggs, season with salt and pepper, and stir by the side of the fire until the mixture thickens, but it must not be allowed to boil or the eggs may curdle. Fill the rolls, piling the preparation rather high, garnish the top of each one with asparagus points, and serve as a vegetable entremet, luncheon dish, or vegetarian entrée.

Time.—About 40 minutes. Average Cost, from 3*s.* to 4*s.* Seasonable from April to July.

ASPARAGUS SALAD.

Ingredients. — 50 heads of cooked asparagus, mayonnaise, vinaigrette, or some salad dressing (*see* recipes for same).

Method.—Let the asparagus remain on ice for 2 or 3 hours, then coat the tips with sauce, dish up neatly and serve.

ASPARAGUS SAUCE.

Ingredients.—25 green heads of asparagus, ½ pint of white sauce, ¾ oz. of butter, ½ teaspoonful of lemon-juice, spinach or a little spinach-greening, salt and pepper.

Method.—Cut off the green ends of the asparagus, boil them in salt and water for 10 minutes, and drain well. Melt the butter in a saucepan, fry the asparagus for 8 minutes, add the sauce, and a seasoning of salt and pepper and a little spinach greening if a deep tint is desired. Simmer gently for 15 minutes, then pass through a fine strainer or tammy cloth; reheat, add the lemon-juice, and use as required.

TIME.—From 40 to 45 minutes. AVERAGE COST, 1*s.* 3*d.* to 1*s.* 6*d.* Quantity, ½ pint.

ASPARAGUS SOUP.

INGREDIENTS.—2 pints of white second stock or water, 1 pint of milk, 50 heads of asparagus, 1 lb. of spinach, 1 oz. of butter, 1 oz. of flour, 2 tablespoonfuls of cream, salt and pepper.

METHOD.—Cut off the points of the asparagus and put them aside, trim the stalks and cut them into small pieces; wash and pick the spinach. Put the stock or water into a stewpan, and when it boils add the asparagus and spinach, and cook until tender (about 40 minutes), then rub through a fine sieve. Have ready a small saucepan of boiling water, put in a little salt and the asparagus points, and cook for 10 or 15 minutes. Melt the butter in the stewpan, sprinkle in the flour, add the milk and stir until it boils, then put in the stock and purée of asparagus and spinach, salt and pepper to taste, and simmer gently for 10 minutes. Place the asparagus points into the tureen, add the cream and necessary seasoning to the soup, and serve.

TIME.—1 to 1½ hours. AVERAGE COST, 2*s.* 6*d.* to 3*s.*, exclusive of stock. SEASONABLE from March to July. SUFFICIENT for 6 persons.

ASPARAGUS WITH EGGS.

INGREDIENTS.—50 heads of asparagus, 1 pint of milk (or equal quantities of milk and water), 1 large head of lettuce finely-shredded, 1 medium-sized onion parboiled and cut into small pieces, 1 bay-leaf, 2 or 3 sprigs of thyme, 1½ ozs. of butter, the yolks of 2 eggs, 2 tablespoonfuls of flour, 1 teaspoonful of lemon-juice, salt and pepper, 6 or 8 nicely poached eggs.

METHOD.—Cut off the tops of the asparagus, and keep them in cold water until wanted. Bring the milk to boiling point, put in the stalks of the asparagus, lettuce, onion, bay-leaf, thyme, and salt, simmer gently for about 20 minutes, then rub through a fine sieve. Melt the butter in a stewpan, stir in the flour, cook slightly, then add the purée of vegetables, the milk in which they are cooked, and stir the mixture until it boils. Cool slightly, then add the yolks of eggs, and cook gently until they thicken, stirring meanwhile. Prepare the asparagus tops by boiling them from 10 to 15 minutes, and poach the eggs and trim them to a nice round shape. Add the lemon-juice to the purée, season to taste, pour it down the middle of a hot dish, arrange the eggs on either side, and garnish the top of the purée in the space between the two rows of eggs with the asparagus points.

TIME.—About 40 minutes. AVERAGE COST, from 3*s.* 9*d.* to 4*s.* 6*d.* SEASONABLE from April to July.

ASPIC JELLY.

INGREDIENTS.—2 quarts of jellied veal stock, 2 ozs. of gelatine, ¼ pint of sherry, ¼ pint of vinegar (preferably French wine vinegar), the shells and whites of 2 eggs, 1 bouquet-garni (parsley, thyme, bay-leaf), 2 strips of celery.

METHOD.—Let the stock become quite cold, and remove every particle of fat. Put it into the stewpan with the gelatine, herbs, celery cut into large pieces, the egg-shells, and the whites previously slightly beaten. Whisk over a sharp fire until near boiling, and add the wine and vinegar. Continue the whisking until quite boiling, then draw the stewpan aside, let the contents simmer for about 10 minutes, and strain till clear and use as required.

TIME.—From 40 to 60 minutes. after the stock is made. AVERAGE COST, 1*s.* 2*d.*, exclusive of the stock. SUFFICIENT for 2 quarts of jelly.

ASPIC JELLY FROM CALVES' FEET.

INGREDIENTS.—2 calves' feet, 5 pints of cold water, 1 onion, 1 leek, 2 shallots, 1 carrot, 2 or 3 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 2 dozen peppercorns, salt, 1 lemon, 2 tablespoonfuls each of malt and tarragon vinegars, 1 tablespoonful of chilli vinegar, the whites and shells of 2 eggs, ¼ pint of sherry (optional).

METHOD.—Wash, blanch, and divide each foot into 4 or more pieces. Replace in the stewpan, add 5 pints of water; when boiling skim carefully, add the vegetables cut into large pieces, herbs, peppercorns, salt to taste, and simmer gently from 5 to 6 hours. Strain, and when cold, carefully remove every particle of fat. Now place the stock, the juice of the lemon and the rind finely-pared, the whites and shells of the egg in the stewpan, whisk over the fire until hot, then add the wine and vinegar. Bring to the boil, whisking meanwhile. Simmer slowly for 30 minutes, strain carefully through a thin cloth or jelly bag.

TIME.—About 1 hour, to clear and strain. AVERAGE COST, 2*s.* 9*d.* to 3*s.* SUFFICIENT for 1 quart.

Note.—When the jellied stock is not sufficiently stiff, a little French leaf gelatine should be added when clearing.

ASPIC JELLY FROM GELATINE.

INGREDIENTS.—2½ ozs. of leaf gelatine, 1 quart of water, the whites and shells of 2 eggs, 1 lemon, ¼ pint of malt vinegar, 1 tablespoonful of tarragon vinegar, 1 onion, carrot, 2 or 3 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, 1 teaspoonful of salt.

METHOD.—Whip the whites of eggs slightly, pare the lemon-rind as thinly as possible, and strain the juice. Put them with the rest of the ingredients into a stewpan, whisk over a brisk fire until boiling, and simmer very gently for about 20 minutes. Strain carefully through a thin cloth or jelly bag.

TIME.—About 1 hour. AVERAGE COST, 10*d.* or 11*d.* SUFFICIENT for 1½ pints.

Note.—Jelly of this description is used principally for lining and garnishing moulds. If too stiff it may be diluted with a little water, or sherry, when additional flavour is desired.

AUNT BETSEY'S CAKE.

INGREDIENTS.—5 teacupfuls of flour, 2 teacupfuls of sugar, ½ cup of butter, 1 cup of golden syrup, 1 cup of water, 2 eggs, ½ lb. of chopped raisins, 1 teaspoonful (each) of soda, cloves, cinnamon, and mace.

METHOD.—Beat the butter and sugar together; add the eggs, dissolve the soda in the water, then add the molasses, flour, spices, and fruit, and well work the mixture in the bowl. Turn it into a flat square tin baking-dish and bake in a moderate oven, or if preferred, it can be cooked in small crinkled patty-pans.

TIME.—1 to 1½ hours. AVERAGE COST, 1*s.*

AUNTIE'S CAKES (Delicious).

INGREDIENTS.—¾ lb. of cornflour, ½ lb. of flour, 2 teaspoonfuls of baking-powder, the rind of 2 small lemons, ½ lb. of castor sugar, ¾ lb. of butter, 4 eggs.

METHOD.—Chop the lemon-rind up very finely; well mix the flour and baking-powder together on a sheet of paper; put the butter into a clean basin and beat it up to a cream with a large wooden spoon, then add the sugar, and beat the ingredients until they are light and white, add the eggs one at a time, beating well after each addition of eggs, and when all the eggs have been beaten in, add the flour and peel, and wet into rather a soft batter with a little milk. Grease the patty-pans with a little clean lard, and drop 1 dessertspoonful of the batter into each. Bake in a warm oven.

TIME.—5 minutes to bake. AVERAGE COST, 2*s.* 2*d.* for this quantity. SUFFICIENT for 4 or 5 dozen cakes.

AUSTRIAN PUDDING.

INGREDIENTS.—½ pint of raspberries, moist sugar, 4 ozs. of cake crumbs, 2 ozs. of castor sugar, 2 ozs. of ground almonds, 2 ozs. of glacé cherries, 4 eggs, 1 tablespoonful of cream, ½ oz. of butter.

METHOD.—Put the raspberries and 1 tablespoonful of moist sugar into a jar placed in a saucepan containing boiling water, and half cook them. Meanwhile, work the yolks of the eggs and the castor sugar together in a basin until thick and creamy, then add the cakecrumbs, ground almonds, cream, oiled butter, and lastly the stiffly-whisked whites of eggs. When the raspberries are ready, place them with their juice in a buttered fireproof china soufflé dish, cover with the preparation, decorate with the halved glacé cherries, and bake in a moderate oven for about ½ hour. Serve hot. Raspberries preserved in bottles may be used when fresh ones are not obtainable.

TIME.—From 1¼ to 1½ hours. AVERAGE COST, 1*s.* 9*d.* SUFFICIENT for 6 or 7 persons.

BABA WITH RUM SYRUP.

INGREDIENTS.—¾ lb. of flour, ½ oz. of yeast, 2 ozs. of castor sugar, 4 ozs. of butter, 1½ ozs. of currants cleaned and picked, ⅓ pint of milk, a good pinch of salt. For the syrup: ¾ pint of water, 2 ozs. of loaf sugar, 2 tablespoonfuls of apricot jam, 1 wineglassful of rum.

METHOD.—Dry the flour thoroughly, sieve 4 ozs. of it into a warm, dry basin, add the salt, and make a well in the centre. Mix the yeast smoothly with a little warm milk, add it to the flour, knead the preparation into a smooth dough, then cover with a cloth, and let it rise in a warm place. Sieve the remainder of the flour into a large basin, make a well in the centre, and put in the salt, sugar, warmed butter, eggs, and the remainder of the milk, beat with the hand for 15 minutes, and cover with a cloth. When the dough has risen to twice its original size, mix the contents of the 2 basins together, add the currants, and knead lightly for 15 minutes. Have ready 1 large or 8 small well-buttered moulds with straight sides, sprinkle the bottom and sides with a few currants, half fill with dough, stand near the fire until it rises nearly to the top of the mould, then bake in a moderately hot oven. When done, turn on to a sieve, and baste well with rum syrup, then place in a hot dish, pour the syrup over, and serve hot. To make the syrup: boil the sugar and water together until considerably reduced, then add the jam, boil for 10 minutes, strain, return to the stewpan, put in the rum, bring to boiling point, and use as directed.

TIME.—About 3 hours. AVERAGE COST, 1*s*. SUFFICIENT for 6 or 7 persons.

BABAS WITH KIRSCH SYRUP.

INGREDIENTS.—1 lb. of fine flour, ¾ oz. of yeast, 8 to 9 ozs. of butter, 1 tablespoonful of currants cleaned, 1 tablespoonful of sultanas cleaned, 1 tablespoonful of castor sugar, 5 eggs, the grated rind of the lemon, salt. For the syrup: ¾ pint of water, 2 ozs. of loaf sugar, kirschwasser to flavour.

METHOD.—Dry and sieve the flour into a large basin, make a well in the centre, and add the yeast mixed smoothly with a little tepid water. Let it stand for about ½ hour, then add the well-creamed butter, currants, sultanas, sugar, lemon-rind, a good pinch of salt, and the eggs. Beat the mixture until smooth, then cover with a cloth, and let it stand until it rises to nearly twice its original size. Have ready some buttered timbale moulds, half fill them with the preparation, let them stand until it rises nearly to the top of the moulds, and bake in a moderately hot oven. Meanwhile, boil the sugar and water until the syrup is formed, flavour with kirschwasser, pour it over the babas, or dip them in it and serve.

TIME.—From 2¼ to 2½ hours. AVERAGE COST, from 2*s*. to 2*s*. 3*d*. SUFFICIENT for 8 or 10 persons.

BACHELOR'S PUDDING.

INGREDIENTS.—4 ozs. of bread-crumbs, 4 ozs. of currants cleaned and picked, 4 ozs. of apples weighed after being pared and cored, 2 ozs. of sugar, 3 eggs, the grated rind of ½ a lemon, 1 small teaspoonful of baking-powder, nutmeg, salt.

METHOD. — Chop the apples coarsely, add to them the bread-crumbs, currants, sugar, lemon-rind, a good pinch each of nutmeg and salt, mix well together, then stir in the well-beaten eggs. Let the mixture stand for ½ an hour, then stir in the baking-powder, add more milk if the mixture is at all stiff, and turn into a well-greased basin. Steam or boil about 3 hours, and serve with sweet melted butter sauce.

TIME. — Altogether, about 3 hours. AVERAGE COST, 8*d*. SUFFICIENT for 5 or 6 persons.

BACHELOR'S PUDDING (Another Method).

INGREDIENTS.—8 ozs. of flour, 4 ozs. of finely-chopped suet, 4 ozs. of sugar, 2 ozs. of raisins stoned, 2 ozs. of sultanas cleaned and picked, 1 egg, 1 teaspoonful of baking-powder, ¼ pint of milk.

METHOD.—Mix all the dry ingredients together, add the milk and the egg (previously beaten), and stir well. Put into a well greased piedish, and bake gently for about 1¼ hours. When ready, turn out of the dish, dredge well with sugar, and serve hot.

TIME.—From 1¾ to 2 hours. AVERAGE COST, about 8*d*. SUFFICIENT for 5 or 6 persons.

BACON AND MACARONI.

INGREDIENTS.—4 ozs. of macaroni, 4 ozs. of streaky bacon, ½ pint of stock, 1 oz. of butter, nutmeg, salt and pepper.

METHOD.—Break the macaroni into small pieces, put them into slightly salted boiling water, boil rapidly for 5 minutes, then drain well. Have the stock boiling in a stewpan, put in the macaroni and stew until tender, but not too soft. Cut the bacon into small dice, fry slightly in a sauté-pan, then add the well-drained macaroni, butter, a good pinch of nutmeg, and salt and pepper to taste. Stir gently over the fire until the macaroni acquires a nice brown colour, then turn on to a hot dish, and serve.

TIME.—About 40 minutes. AVERAGE COST, *6d.* SUFFICIENT for 2 or 3 persons.

BACON, BOILED.

INGREDIENTS.—Bacon, water.

METHOD.—As bacon is frequently excessively salt, let it be soaked in warm water for an hour or two previous to dressing it; then pare off the rusty parts, and scrape the underside and rind as clean as possible. Put it into a saucepan of cold water, let it come gradually to a boil, and as fast as the scum rises to the surface of the water, remove it. Let it simmer very gently until it is thoroughly done; then take it up, strip off the skin, and sprinkle over the bacon a few bread-raspings and garnish with tufts of cauliflower or Brussels sprouts. When served alone, young and tender broad beans or green peas are the usual accompaniments.

TIME.—1 lb. of bacon, ¾ hour; 2 lbs., 1½ hours. AVERAGE COST, 10*d.* to 1*s.* per lb. for the prime parts.

BACON, CURING IN THE WILTSHIRE WAY.

INGREDIENTS.—1½ lbs. of coarse sugar, 1½ lbs. of bay-leaf, 6 ozs. of saltpetre, 1 lb. of common salt.

METHOD.—Sprinkle each flitch with salt, and let the blood drain off for 24 hours; then pound and mix the above ingredients together and rub it well into the meat, which should be turned every day for 1 month. Hang it up to dry, and afterwards smoke it for 10 days.

TIME.—To remain in the pickle, 1 month; to be smoked, 10 days. SUFFICIENT for 1 pig.

BACON OR HAMS, CURING IN THE DEVONSHIRE WAY.

INGREDIENTS.—To every 14 lbs. of meat allow 2 ozs. of saltpetre, 2 ozs. of salt prunella, 1 lb. of common salt. For the pickle: 3 gallons of water, 5 lbs. of common salt, 7 lbs. of coarse sugar, 3 lbs. of bay-salt.

METHOD.—Weigh the sides, hams, and cheeks, and to every 14 lbs. allow the above proportion of saltpetre, salt prunella, and common salt. Pound and mix these together. Rub well into the meat and lay it in a stone trough or tub, rubbing it thoroughly, turning it daily for 2 successive days. At the end of the second day, pour on it a pickle made as follows:—Put the above ingredients into a saucepan, set it on the fire, stir frequently, remove all the scum, allow it to boil for 15 minutes, and pour it hot over the meat. Let the hams, etc., be well rubbed and turned daily; if the meat is small, a fortnight will be sufficient for the sides and shoulders to remain in the pickle, and the hams 3 weeks; if from 30 lbs. and upwards, 3 weeks will be required for the sides, etc., and from 4 to 5 weeks for the hams. On taking the pieces out let them drain for 1 hour, cover with dry sawdust, and smoke from a fortnight to 3 weeks. Boil and carefully skim the pickle after using, and it will keep good, closely corked, for 2 years. When boiling it for use, add about 2 lbs. of common salt, and the same quantity of treacle, to allow for waste. Tongues are excellent put into this pickle cold, having been first rubbed with saltpetre and salt, and allowed to remain 24 hours, not forgetting to make a deep incision under the thick part of the tongue, to allow the pickle to penetrate more readily. A fortnight or 3 weeks, according to the size of the tongue, will be sufficient.

TIME.—Small meat to remain in the pickle 2 weeks, hams 3 weeks; to be smoked from 2 to 3 weeks.

BACON SAUCE.

INGREDIENTS.—¼ lb. of ham or bacon cut into dice, 1 small onion finely-chopped, 1 dessertspoonful of flour, 2 tablespoonfuls of vinegar, ½ pint of water, salt and pepper.

METHOD.—Fry the bacon slightly, add the onion, sprinkle in the flour, and fry slowly until lightly browned. Season to taste, add the vinegar and water, stir until boiling, then pour over the previously cooked potatoes, and serve as an accompaniment with roast chicken or veal.

TIME.—About 20 minutes. AVERAGE COST, *6d.* to *8d.*

BACON, TOAST, AND EGGS.

INGREDIENTS.—3 or 4 rashers of fried bacon, 1 round of toast, 2 eggs scrambled (*see* Egg, Scrambled).

METHOD.—Make the toast and fry the bacon crisply. Scramble the eggs as directed, pile the preparation on the toast, arrange the bacon round the base, and serve on a hot dish.

TIME.—15 minutes. AVERAGE COST, *6d.* to *7d.* SUFFICIENT for 1 or 2 persons. SEASONABLE at any time.

BAKED SOUP.

INGREDIENTS.—2 quarts of cold water, 1 lb. of lean beef or mutton, ½ pint of split peas, 1 tablespoonful of rice, 1 onion sliced, 1 carrot, salt and pepper.

METHOD.—Wash the rice and peas, put them into a stew-jar with the vegetables and the meat, cut into small pieces, season with salt and pepper, and add the water. Cover closely, cook in a rather slow oven for 3 or 4 hours, skim, and turn the whole into a soup tureen, and serve.

TIME.—From 3 to 4 hours. AVERAGE COST, about 1*s.* SUFFICIENT for 8 persons. SEASONABLE in winter.

BAKED SQUASH (American Recipe).

INGREDIENTS.—1 pint of squash purée, 1 pint of bread or cracker crumbs, ¼ pint of milk, 1 oz. of butter, pepper, salt.

METHOD.—Prepare the squash as directed in Summer Squash or Winter Squash, cook until tender, and pass through a wire sieve. To the purée thus obtained add the breadcrumbs, milk, butter warmed, and a seasoning of salt and pepper. Mix all well together, turn the preparation into a greased fireproof dish, and bake in a moderate oven for 1 hour. Serve hot.

TIME.—About 1½ hours. AVERAGE COST, *9d.* to 1*1d.* SUFFICIENT for 1 dish. SEASONABLE at any time.

BAKEWELL TART.

INGREDIENTS.—½ lb. of short crust paste, raspberry jam, 2 ozs. of ground almonds, 2 ozs. of castor sugar, 2 ozs. of butter, 2 yolks of eggs, 1 white of egg, essence of almonds.

Method.—Cream the butter and sugar together until thick and white, stir in the 2 yolks, and 1 white of egg, add the almonds, also a few drops of essence of almonds, and beat well. Line a flat dish with the pastry, place a good layer of jam on the bottom, and spread the mixture lightly on the top of it. Bake in a quick oven for about ½ hour, and serve either hot or cold.

Time.—About 1 hour. Average Cost, 1*s*. 3*d*. Sufficient for 7 or 8 persons.

BAKEWELL TART (Another Method).

Ingredients.—6 ozs. of short crust paste, 2 ozs. of butter, 2 ozs. of castor sugar, 2 ozs. of bread-crumbs, 1 egg, 2 tablespoonfuls of raspberry jam, almond essence.

Method.—Cream the butter and sugar well together, stir in the egg, add the breadcrumbs and a few drops of almond essence, and mix well. Line a dish with the paste, add a good layer of raspberry jam, and spread the mixture on the top of it. Bake about ½ an hour in a quick oven.

Time.—From 1 to 1¼ hours. Average Cost, 10*d*. to 1*s*. Sufficient for 6 or 7 persons.

BAKING POWDER.

Mix well together 4 ozs. of ground rice, 4 ozs. of carbonate of soda, and 3 ozs. of tartaric acid, and pass them through a fine sieve. Keep in an air-tight tin.

BAKING-POWDER BREAD.

Ingredients.—2 lbs. of flour, 1 oz. of baking-powder, ¾ oz. of salt, milk.

Method.—First rub the salt to fine powder on the table with a knife, and mix it and the baking-powder into the flour on the board; then make a bay in the centre of the flour, pour in about 1 pint of milk, knead up as quickly as possible, and with very little handling, into a nice light dough. Divide it into convenient sized loaves, shape them up, wash over with a little milk, and bake in a quick oven. It is very necessary to get the loaves into the oven with the greatest despatch, for the baking powder very soon loses its virtue, and if the operation is protracted after the dough is moistened, the bread will be heavy. Although milk is given as one of the ingredients, water may be used if economy is a consideration.

Time.—¾ of an hour. Average Cost, 6*d*.

BANANA BLANCMANGE.

Ingredients.—2 bananas, 1 quart of milk, 2 ozs. of cornflour, 2 ozs. of castor sugar, 2 yolks of eggs, ½ a teaspoonful of vanilla essence.

Method.—Mix the cornflour smoothly with a little milk, boil the remainder, add the sugar and blended cornflour, and simmer gently for 5 minutes. Let it cool, add the beaten yolks of eggs, and stir by the side of the fire until they thicken. Now put in the bananas thinly-sliced, and the vanilla essence, and pour the preparation into a wetted mould.

Time.—From 30 to 35 minutes. Average Cost, 10*d*. Sufficient for 6 or 7 persons. Seasonable at any time.

BANANA CANTALOUP.

Ingredients.—Firm bananas, crushed ice, Krona pepper.

Method.—Let the bananas remain on ice for at least 12 hours, then remove the skins, and cut the bananas into thick slices. Fill a finger blow with finely-crushed ice, piling it high in the centre, and place the bowl on a dish covered with a serviette. Replace the sliced bananas in their original form, and arrange them overlapping each other round the bowl of ice. Serve with salt and Krona pepper.

TIME.—12 to 13 hours. AVERAGE COST, Good Bananas, *2d.* each. Allow 1 to each person.

BANANA CHARLOTTE.

INGREDIENTS.—½ pint of banana pulp, ¼ pint of stiffly-whipped cream, ½ oz. of gelatine, sugar to taste, Savoy biscuits or strips of bread (*see* Apple Charlotte).

METHOD.—Obtain the pulp by passing the bananas through a fine sieve. Soak the gelatine in cold water, and stir it over the fire until dissolved. Prepare the mould as directed in the recipe for making Apple Charlotte. Mix the banana pulp and cream lightly together, sweeten to taste, add the gelatine, and, when well mixed, turn into the prepared mould.

TIME.—About 1 hour. AVERAGE COST, 1*s.* 9*d.*, exclusive of Savoy biscuits. SUFFICIENT for a pint mould.

BANANA CREAM.

INGREDIENTS. — 2 bananas, 1 quart of milk, 2 ozs. of cornflour, 2 ozs. of castor sugar, 2 yolks of eggs, ½ teaspoonful of vanilla essence.

METHOD. — Mix the cornflour smoothly with a little milk, put the remainder into a stewpan with the sugar; when boiling add the blended cornflour and milk, and boil about 10 minutes. Let the preparation cool a little, then add the beaten yolks of eggs, and stir by the side of the fire until they thicken. Add the vanilla essence, the bananas thinly-sliced, and when cool pour into the prepared mould.

TIME.—From 25 to 30 minutes. AVERAGE COST, 9*d.* SUFFICIENT for 1 large mould.

BANANA CREAM (Another Method).

INGREDIENTS.—½ pint of banana purée, ½ pint of cream, 1½ ozs. of castor sugar, ¾ oz. of leaf gelatine, 1 wineglassful of Benedictine or Maraschino, cochineal for colouring.

METHOD. — Pass the bananas through a fine sieve, add the stiffly-whipped cream, the Benedictine or Maraschino, and mix lightly together. Dissolve the gelatine in a tablespoonful of water, stir in the sugar, and when sufficiently cool mix lightly with the cream, etc., adding cochineal drop by drop until a pale pink colour is obtained. Pour into the prepared mould, and stand on ice or in a cold place until firm.

TIME.—To make the cream, from 20 to 30 minutes. AVERAGE COST, from 1*s.* 9*d.* to 2*s.* SUFFICIENT for 1 medium-sized mould.

BANANA CREAM ICE.

INGREDIENTS.—1¼ pints of custard (*see* Custard for Cream Ices), ¼ pint of cream, 6 bananas, 1 tablespoonful of lemon-juice, 1 tablespoonful of Curaçoa or brandy.

METHOD. — Pass the bananas through a fine hair sieve. Prepare the custard as directed, and whip the cream stiffly. When the custard is sufficiently cool, add the banana pulp, lemon-juice and Curaçoa, stir the cream in lightly, and freeze.

TIME.—From 2 to 2½ hours. AVERAGE COST, 2*s.* 3*d.* to 2*s.* 6*d.* SUFFICIENT for 7 or 8 persons.

BANANA FRITTERS.

INGREDIENTS.—6 firm bananas, frying-batter, castor sugar, frying-fat.

METHOD.—Cut each banana lengthwise and across, thus forming 4 portions. Coat them completely with the prepared batter, fry them in hot fat until nicely browned, and drain well. Sprinkle with castor sugar, and serve.

TIME.—Altogether, about ¾ hour. AVERAGE COST, *8d.* SUFFICIENT for 5 or 6 persons.

BANANA PUDDING.

INGREDIENTS.—2 bananas, 4 ozs. of castor sugar, 4 ozs. of flour, 1 oz. of butter, ½ gill of cream or milk, 3 eggs.

METHOD.—Cream the butter and sugar well together, beat in the yolks of the eggs separately, stir in the flour, and add the cream or milk, and the bananas thinly-sliced. Whip the whites of the eggs to a stiff froth, add them lightly to the rest of the ingredients, and pour the mixture into 1 large or several small well-buttered moulds. Steam or bake a large pudding from 1 to 1¼ hours, or small ones from 30 to 35 minutes. Serve with a fruit syrup or sweet sauce.

TIME.—From 1½ to 1¾ hours. AVERAGE COST, *9d.* SUFFICIENT for 5 or 6 persons.

BANANAS, FRIED.

INGREDIENTS.—Bananas peeled, flour, oil or butter to fry.

METHOD.—Cut the bananas in pieces, and flour each, fry in butter a light-brown in a frying-pan, drain well and serve with poached eggs, the same as bacon and eggs would be served.

BANANA TRIFLE.

INGREDIENTS.—1 pint of cream, ½ pint of lemon jelly, 6 bananas, ¼ oz. of gelatine, 2 tablespoonfuls of apricot jam sieved, a good tablespoonful of almonds, 2 dozen of ratafias, 1 wineglassful of Maraschino or Curaçoa liqueur, carmine for colouring.

METHOD.—Pass the bananas through a hair sieve, add the jam, cool liquid jelly, and the Maraschino or Curaçoa. Dissolve the gelatine in a tablespoonful of water, mix with the other ingredients, add a few drops of carmine to brighten the colour, and pour into a deep dish. Blanch, shred, bake the almonds brown, and let them become perfectly cold. When ready to serve, whip the cream stiffly, sweeten to taste with castor sugar, and, if liked, flavour with Maraschino or Curaçoa. Pile lightly on the top of the jellied preparation, sprinkle the almonds over the entire surface, and garnish the base with ratafias.

TIME.—About 3 or 4 hours. AVERAGE COST, *3s. 6d.* SUFFICIENT for 1 dish. SEASONABLE at any time.

BARBEL.

INGREDIENTS.—1 or 2 barbel, according to size, 2 anchovies, 2 onions (sliced), 2 tablespoonfuls of vinegar, 1 tablespoonful of salt, the juice of a lemon, a bouquet-garni (parsley, thyme, bay-leaf), mace and nutmeg to taste.

METHOD.—Soak the fish in slightly salted water for 2 or 3 hours. Put into a fish-kettle with warm water and the salt, and boil gently until done. Take 1 pint of the water, and add to it the other ingredients enumerated above. Simmer gently for about 15 minutes, then strain, and return to the saucepan. Put in the fish, and let it heat gradually in the sauce, but it must not boil again.

TIME. — Altogether, 1 hour. SUFFICIENT for 4 persons. SEASONABLE from September to February.

BARBERRY TARTLETS.

INGREDIENTS.—Short crust paste, 1 lb. of barberries, ½ lb. of moist sugar, or to taste.

METHOD.—Remove the stalks, put the fruit and sugar into a jar, place the jar in a saucepan of boiling water, or in a slow oven. and cook until tender. Line 1 large or 2 medium-sized tart tins with the paste, fill them with rice, or crusts of bread placed in buttered papers, and bake until crisp in a brisk oven. When cold, fill them with the prepared cold fruit and syrup, and serve.

TIME.—About 3 hours. AVERAGE COST, 8*d.* or 10*d.* SUFFICIENT for 1 large or 2 medium-sized tarts.

BARLEY CUSTARD PUDDING (Invalid Dish).

INGREDIENTS.—1 oz. of patent barley, ½ oz. of butter, 1 teaspoonful of castor sugar, 1 large egg, ½ pint of milk, salt, nutmeg.

METHOD. — Mix the barley smoothly with a little cold milk, boil up the remainder, and pour it over the barley, stirring meanwhile. Add the butter, sugar, and a pinch of salt, replace in the stewpan, and stir the mixture until it boils. Cool slightly, beat in the yolk of egg, and lastly add the white of egg previously stiffly whisked. Turn into a buttered piedish, grate a little nutmeg on the top, and bake gently for 10 minutes.

TIME.—20 minutes. AVERAGE COST, 3½*d.* SUFFICIENT for 1 or 2 persons.

BARLEY SOUP.

INGREDIENTS.—1 pint of white second stock, 1 pint of milk, 1 dessertspoonful of flour, 1 oz. of butter, salt and pepper, croûtons of fried or toasted bread, 2 tablespoonfuls of fine crushed barley, sold in packets under the name of "Crême d'Orge."

METHOD.—Boil the stock and milk together in a saucepan, melt the butter, stir in the flour, add the stock and milk, and stir until it boils. Sprinkle in the barley, stir and cook until the mixture becomes transparent (about 10 minutes) Season to taste, and serve. The croûtons (small slices of bread cut into shapes) should be either fried in hot fat or cut from thin slices of toast. They should be handed separately, unless directions are given to put them into the soup before serving.

TIME.—20 to 30 minutes. COST, 4*d.* to 5*d.* without the stock. SEASONABLE at all times. SUFFICIENT for 4 persons.

Note.—Rice and tapioca, finely crushed and ground, may also be bought in packets, and will be found useful preparations for soups of this class. When not easily obtainable, ground rice or semolina will be found good substitutes. The well-known "Potage Crême de Riz" can be made from this recipe, using crême de riz instead of crême d'orge: and either soup can be made richer by omitting the flour and butter, and in their place using the yolks of 2 eggs, and 2 tablespoonfuls of cream, which should be added to the soup a few minutes before serving.

BARLEY SUGAR.

INGREDIENTS.—2 lbs. of loaf sugar, 1 pint of water, ½ teaspoonful of lemon-juice, a pinch of cream of tartar, essence of lemon, saffron-colouring.

METHOD.—Dissolve the sugar in the water, boil to the "small ball" degree (*see* Sugar, to Boil), and add the lemon-juice. Continue boiling to the "large crack," add a few drops of saffron-yellow, flavour to taste, and turn on to an oiled slab. When cool, cut into narrow strips, twist them into a spiral form, and when perfectly cold store them in air-tight tins or boxes.

BARLEY WATER (For Invalids).

INGREDIENTS.—2 ozs. of pearl barley, 2 or 3 lumps of sugar, the thinly-pared rind of ½ small lemon, 1 pint of boiling water.

METHOD.—Cover the barley with cold water, boil for 2 minutes, and strain. Place the barley, sugar, and lemon-rind in a jug, pour in the boiling water, and cover closely. When cold, strain and use. This forms a nutritious, agreeable drink, and it is also largely used to dilute milk, thus making it easier of digestion.

TIME.—1 hour. AVERAGE COST, 1½*d.*

BARONESS PUDDING.

INGREDIENTS.—¾ lb. of finely-chopped suet, ¾ lb. of flour, ¾ lb. of raisins (stoned), ½ pint of milk, a saltspoonful of salt.

METHOD.—Mix all the dry ingredients together, add the milk and stir well. Put into a well-greased basin, and boil or steam for about 3 hours. Serve with any suitable sweet sauce, or with a little sugar.

TIME.—About 3¼ hours. AVERAGE COST, about 1*s.* SUFFICIENT for 8 or 9 persons.

BASIL.

The flavour of this herb greatly resembles that of the bay-leaf. It finds great favour with French cooks, but it is not much used in England, except as a flavouring for fish soups and fish sauces. It is in perfection about August, when it should be dried and preserved in air-tight bottles or tins for winter use. Like many other herbs, it may be obtained ready-prepared.

BATH BUNS.

INGREDIENTS.—1¼ lbs. of flour, 10 ozs. of sugar nibs, 1½ ozs. of compressed yeast, ½ lb. of butter, the yolks of 4 and the whites of 2 eggs, water, caraway comfits, candied peel, essence of lemon.

METHOD.—Dissolve the yeast in ½ gill of tepid water, mix with it the eggs and ¼ lb. of flour; beat the mixture up in a bowl, and set it before the fire to rise. Rub the butter well into the 1 lb. of flour, add the sugar, and put in a few of the comfits and the peel cut into small cubes. When the sponge has risen sufficiently, mix all the ingredients together, throw over it a cloth, and set it again to rise. Grease a baking tin, form the buns, place them on the tin, brush over yolk of egg and milk, and strew on them a few comfits. Bake in a quick oven.

TIME.—About 20 minutes, to bake the buns. AVERAGE COST, 1*s.* 8*d.* SUFFICIENT for 16 buns.

BATTER FOR FRYING.

INGREDIENTS.—4 ozs. of flour, ½ oz. of butter (melted), 1 tablespoonful of cream, 1 yolk of egg, 2 whites of eggs, a good pinch of salt, ⅛ pint of warm water (about).

METHOD.—Sieve the flour into a basin, add the salt, yolk of egg, butter and cream, and stir until smooth, adding the water gradually. Beat well, put aside for at least ½ an hour, then add the white of eggs, previously stiffly-whipped, and use as required.

TIME.—About 1 hour. AVERAGE COST, 5*d.* to 6*d.*

BATTER PUDDING, BAKED.

INGREDIENTS.—1 pint of milk, 2 eggs, 4 heaped tablespoonfuls of flour, salt, dripping.

METHOD.—Put the flour and a good pinch of salt into a basin, make a well in the centre, break in the eggs, stir, gradually mixing in the flour from the sides, and add milk by degrees until a thick, smooth batter is formed. Now beat well for 10 minutes, then add the remainder of the milk, cover, and let it stand for at least 1 hour. When ready to use, put a tablespoonful of dripping into a pie-dish, and while it is heating give the batter another good beating. Pour into the dish, and bake in a quick oven for about 35 minutes. Serve with sugar, butter and sugar, jam or stewed fruit.

TIME.—2 hours. AVERAGE COST, 4½*d.* SUFFICIENT for 4 or 5 persons.

Note.—The batter may also be baked in small cups or on saucers (buttered). It may be varied by the addition of any kind of fresh or tinned fruit, or raisins, currants, candied peel, etc.

BATTER PUDDING, BOILED.

INGREDIENTS.—¾ to 1 pint of milk, 6 ozs. of flour, 4 eggs, a good pinch of salt.

METHOD.—Mix the flour and salt together, and make a well in the centre of the flour. Beat the eggs thoroughly, strain them into the flour, and stir gently so that the flour becomes gradually incorporated. Add the milk a little at a time until the batter has the consistency of thick cream; then cover, and let it stand for 1 hour. When ready, pour into a well-buttered basin, cover with a scalded, well-floured cloth, and boil for about 1¼ hours.

TIME.—Altogether, about 3 hours. AVERAGE COST, 6*d.* SUFFICIENT for 5 or 6 persons.

Note.—Boiled batter puddings may be varied by the addition of either fresh or dried fruits. They should be placed in the basin, and the batter poured over them.

BATTER, SAVOURY.

INGREDIENTS.—4 tablespoonfuls of finely-chopped beef or mutton, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, 1 saltspoonful of salt, ½ a saltspoonful of pepper, 4 ozs. of flour, 1 egg, ½ pint of milk.

METHOD.—Mix the flour, egg, milk, and salt into a smooth batter, let it stand for ½ an hour, then add to it the meat, parsley, and herbs. Melt a little dripping in a Yorkshire pudding-tin, pour in the batter, and bake until set in a moderately hot oven.

TIME.—To bake, from 20 to 30 minutes. AVERAGE COST, 6*d.* SUFFICIENT for 2 or 3 persons.

BAY-LEAVES.

The leaves of the common laurel, *Prunus laurocerasus*, are employed for culinary purposes to give a kernel-like flavour to sauces, stocks, mire-poix, custards, puddings, etc. They may be dried and their flavour preserved for a great length of time if kept in an air-tight tin.

BAYRISCHE KNÖDEL (Bavarian Dumplings).

INGREDIENTS.—8 ozs. of finely-chopped raw or cooked meat, 2 ozs. of breadcrumbs, ½ teaspoonful of powdered mixed herbs, 1 or 2 eggs, nutmeg, salt and pepper, 2 ozs. of butter oiled.

METHOD.—Mix the meat, breadcrumbs, herbs, a pinch of nutmeg, and a good seasoning of salt and pepper well together, and moisten thoroughly with beaten egg. Form the mixture into balls of moderate size, drop them into boiling stock or slightly salted water, cook gently from 10 to 15 minutes, then remove the balls carefully and drain well. Serve with the oiled butter poured over them, or, if preferred, pour a little good gravy round them. The excellency of this dish depends on the mixture being of proper consistency, therefore an inexperienced cook would do well to test a little of the mixture by dropping it into boiling water before forming the whole of it into balls.

TIME.—½ an hour. AVERAGE COST, 9*d.* to 1*s.* SUFFICIENT for 6 or 8 persons.

BEAN CROQUETTES (Vegetarian Dish).

INGREDIENTS.—Boiled beans, breadcrumbs, salt and pepper, onion, egg, oil to fry.

METHOD.—Take some boiled haricot beans—any that are left over from a dish of the day before will do—mash them, add sufficient breadcrumbs to make them stiff enough to mould, a little fried chopped onion, pepper and salt. Shape them into balls or flat cakes, egg-and-bread-crumb them, and fry in hot oil. Serve with some sauce, or brown gravy poured round, and garnish with fried parlsey. If peas are preferred, the ordinary split peas can be used; and if lentils, either the Egyptian or the German; the latter, though dearer, are better. Parsley and herbs, or lemon-rind, can be added if liked. The croquettes are best eaten hot.

TIME.—Altogether, ½ hour. AVERAGE COST, 3*d.*, exclusive of the beans. ALLOW 2 to each person.

BEANS AND TOMATOES (Vegetarian Dish).

INGREDIENTS.—Baked or boiled haricot beans, 1 oz. of flour, ½ oz. of butter, ½ pint of water in which the beans were cooked, 2 tablespoonfuls of tomato sauce.

METHOD.—Strain the beans, thicken the liquor with flour or flour and butter, add the tomato sauce, and let it boil. Put in the beans, and serve hot.

TIME.—½ hour. AVERAGE COST, 6*d.* SUFFICIENT for 2 persons.

BEANS, CURRIED (Vegetarian Dish).

INGREDIENTS.—½ pint of haricot beans, ½ a carrot, 1 apple, 1 onion, a tablespoonful of oil or butter, 1 dessertspoonful of flour and curry powder mixed, ¼ pint of water, rice.

METHOD.—Cook the beans in a slow oven with water until they are soft, and grate or chop the vegetables very fine. Heat up the oil, add the vegetables, fry for 5 minutes, put in the flour and curry, and lastly the water or an equal quantity of the liquor in which the beans were boiled. Boil and thicken the stew, add the beans, make thoroughly hot, and serve with a border of boiled rice. Or, press the rice into a mould or into teacups, turn them into the middle of the dish, and pour the beans round.

TIME.—1 hour. AVERAGE COST, 4*d.* or 5*d.* SUFFICIENT for 2 or 3 persons.

Note.—Peas and lentils may be cooked in the same way, or indeed any kind of vegetable.

BEANS, FRENCH, BOILED.

INGREDIENTS.—French beans, salt.

METHOD.—Cut off the heads, tails, and a thin strip on each side of the beans, so as to remove the string. Cut the beans in a slanting direction into slips, and, as they are cut, drop them into cold water. Have ready a saucepan of boiling water, add 1 heaped teaspoonful of salt to each quart of water, and a small piece of soda if the beans are old. Put in the beans, keep the saucepan uncovered, and boil briskly from 15 to 25 minutes, according to age. Drain well, sprinkle with pepper, then serve.

TIME.—To boil the beans, from 15 to 25 minutes. AVERAGE COST, from 3*d.* to 1*s.* per lb., according to season. SEASONABLE from July to October.

BEANS (French Method of Cooking).

INGREDIENTS.—2 lbs. of French beans, 2 ozs. of butter, the juice of ½ a lemon, a dessertspoonful of finely-chopped parsley, salt and pepper.

METHOD.—Cut and boil the beans as in the preceding recipe; when tender, drain them into a stewpan, and shake over the fire until the greater part of the moisture has evaporated. Add the butter, parsley, lemon-juice, season well with salt and pepper, toss over the fire for a few minutes, then serve.

TIME.—From 20 to 30 minutes. AVERAGE COST, from 2*d.* per lb. SEASONABLE from July to October; obtainable all the year.

BEANS, POTTED (Vegetarian Dish).

INGREDIENTS.—½ pint of haricot beans, 2 ozs. of breadcrumbs, 2 ozs. of strong cheese grated, 2 ozs. of butter, cayenne, pepper and salt, nutmeg to taste.

METHOD.—Bake the beans in a slow oven, pound them in a mortar, adding gradually the other ingredients. Press the mixture into pots, and run a little butter over the top, if it is to keep many days. Potted beans make very good sandwiches with bread and butter. Store in a cool, dry place, as all kinds of beans quickly ferment.

TIME.—1¼ hours. AVERAGE COST, 6*d.* SUFFICIENT for 3 or 4 pots.

BEARNAISE SAUCE.

INGREDIENTS.—2 shallots, peeled and chopped finely, a few fresh tarragon leaves, 1 gill of French wine vinegar, 3 yolks of eggs, ½ a teaspoonful of Mignonette pepper, a little salt, ½ a gill of Béchamel sauce, 3 ozs. of butter, ½ a teaspoonful of chopped parsley and tarragon leaves.

METHOD.—Put the vinegar, shallots, and whole tarragon leaves in a stewpan, cover it, and let the liquor reduce to about one-eighth of the original quantity. Remove from the fire, cool a little, add the sauce, and re-heat; then stir in the yolks of the eggs, and season with salt and Mignonette pepper. Whisk the whole over the fire, and incorporate the butter by degrees. This sauce must on no account be allowed to boil when once the eggs are added. Pass it through a tammy-cloth. Return to another stewpan, and whisk again over hot water or in a bain-marie. Add the chopped parsley and a few chopped tarragon leaves, and serve as directed.

TIME.—35 to 45 minutes. AVERAGE COST, 10*d.* QUANTITY, ½ a pint.

BÉCHAMEL, or FRENCH WHITE SAUCE.

INGREDIENTS.—1½ ozs. of flour, 2 ozs. of butter (or of corresponding quantity of white roux), 1¼ pints of milk (or white stock), 1 small onion or shallot, 1 small bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, ½ a bay-leaf, 1 small blade of mace, seasoning.

METHOD.—Put the milk on to boil with the onion or shallot, the bouquet-garni, peppercorns, mace, and bay-leaf. Melt the butter, stir in the flour, and cook a little without browning; stir in the hot milk, etc., whisk over the fire until it boils, and let it simmer from 15 to 20 minutes. Strain and pass through a sieve or tammy-cloth, return to the stewpan, season lightly with a pinch of nutmeg, ½ a pinch of cayenne, and ½ a teaspoonful of salt. The sauce is then ready for use.

Time.—40 to 50 minutes. Average Cost, *7d.* with milk. Sufficient for 1 boiled fowl.

BEEF À LA MODE.

Ingredients.—3 lbs. of rump of beef, larding bacon, 1 quart of stock, 1 glass of claret, 1¼ ozs. of butter, 1 oz. of flour, 2 carrots, 1 finely-chopped small onion, 10 button onions, a bouquet-garni (parsley, thyme, bay-leaf), the juice of ½ a lemon, 2 cloves, salt and pepper.

Method.—Trim, bone, and lard the meat, place it in a basin with the wine, lemon-juice, chopped onion, cloves, salt, pepper, and bouquet-garni, and let it stand for 2 hours, basting it frequently. Melt the butter in a stewpan, drain the beef, and fry it brown, and, at the same time, lightly fry the button onions. Remove both from the stewpan, put in the flour, and fry until it acquires a nut-brown colour; then add the stock and the wine-marinade in which the meat was soaked, and stir until boiling. Replace the meat and onions, season to taste, add the carrots thinly sliced, and cook gently for 2½ or 3 hours, stirring and skimming occasionally. When done place on a hot dish, strain the sauce over, and garnish with little groups of onions and carrot.

Time.—2½ to 3 hours. Average Cost, *3s.* to *3s. 6d.* Sufficient for 8 or 9 persons.

BEEF AND SAGO BROTH (Invalid Cookery).

Ingredients.—1 lb. of gravy beef, 1 quart of cold water, ½ oz. of fine sago, 1 yolk of egg, 2 tablespoonfuls of cream or milk, ½ a teaspoonful of salt.

Method.—Trim off all skin and fat, and cut the meat into small pieces. Put them into a stewpan with the water and salt, cover closely and cook gently for 3 hours, skimming occasionally. Strain into a basin; when cold remove every particle of fat, then replace in the stewpan and re-heat. When boiling sprinkle in the sago and cook until clear, stirring meanwhile. Beat the yolk of egg and cream together, strain into the soup, stir, and cook by the side of the fire for 2 minutes longer, but take care the preparation does not boil or the egg may curdle. Season to taste, and serve with thin strips of well-toasted bread.

Time.—Altogether, 5 or 6 hours. Average Cost, *10d.*

BEEF, BAKED.

Ingredients.—2 lbs. of cold roast beef, about 2 lb. of mashed potatoes, 2 small onions, 2 small carrots, 1 teaspoonful of powdered mixed herbs, salt and pepper, 1 pint of gravy.

Method.—Remove the bones and the brown outside parts of the meat, simmer them slowly for at least 2 hours, strain, season, and use as gravy. Cut the meat into thin small slices, cook the vegetables and cut them into very thin slices. Spread a thin layer of mashed potato on the bottom of a piedish, on the top place a few slices of meat, add a little carrot and onion, sprinkle on some of the herbs, and season well with salt and pepper. Repeat until the dish is full, pour in as much gravy as the dish will hold, cover with the mashed potato, and bake in a moderate oven until the surface is well browned. The potato should be smoothed and shaped by means of a knife to resemble as nearly as possible a paste crust; and the appearance may be further improved by brushing over the top with beaten egg, or a little milk. Serve the remainder of the gravy separately.

TIME.—To bake, about ¾ of an hour. AVERAGE COST, 4*d.*, exclusive of the meat. SUFFICIENT for 4 or 5 persons.

BEEF BALLS, RAW (Invalid Cookery).

INGREDIENTS.—3 or 4 ozs. of raw juicy steak, a little cream or strong beef tea, butter.

METHOD.—Scrape the meat into tiny fragments with a sharp knife, and press it through a wire sieve. Mix with it about ½ a teaspoonful of cream or strong beef tea, then form into balls the size of a very small Spanish nut. Rub the bottom of a sauté-pan or stewpan slightly with butter, make the pan hot, put in the balls, and move them about for a few seconds with a spoon until the colour is slightly changed, but leaving the inside absolutely raw. Serve with beef tea or soup.

TIME.—½ an hour. AVERAGE COST, steak, 1*s.* 2*d.* to 1*s.* 4*d.* per lb.

BEEF, BOILED.

INGREDIENTS.—Salt beef, turnips, carrots, onions, peppercorns, bouquet-garni (parsley, thyme, bay-leaf), suet dumplings, if liked.

METHOD.—The aitchbone, round, and brisket are all suitable for boiling. In boiling meat a certain proportion of the nutritive qualities escape into the water, and the liquor should therefore be utilized for soup, when it is not too salt for the purpose. With this end in view the liquor should be reduced to the smallest possible quantity by using a boiling-pot just large enough to contain the joint, with barely sufficient water to cover it. The meat must be skewered, or bound with tape, into a compact form. The water in which it is immersed should be warm unless the meat be very salt, then cold water is necessary to extract some of the salt. In either case, it should be heated gradually to boiling point, and well skimmed. With a joint weighing from 10 to 14 lbs., an allowance should be made of 2 or 3 medium-sized onions, 2 large or 4 small carrots, 1 large or 2 small turnips, and 12 peppercorns. The onions should be kept whole, the turnips cut in thick slices, and the carrots lengthwise into 2 or 4 pieces. They should be added after the liquor has been well skimmed. When suet dumplings form part of the dish, they should be put into the liquor ½ an hour before serving, the liquor being previously brought to the boil. To serve, replace the tapes and skewers with one or 2 silver skewers, pour some of the liquor round the dish, and garnish with the vegetables.

TIME.—From 20 to 30 minutes to each lb. AVERAGE COST, 8*d.* to 10*d.* per lb. SEASONABLE in winter.

SOYER'S RECIPE FOR PRESERVING THE GRAVY IN SALT MEAT, when it is to be served cold: Fill 2 tubs with cold water, into which throw a few pounds of rough ice: when the meat is done, put it into one of the tubs of ice-water, let it remain 1 minute, then take it out, and put it into the other tub. Fill the first tub again with water, and continue this process for about 20 minutes; then set it upon a dish, and let it remain until quite cold. When cut, the fat will be as white as possible, and the whole of the gravy will have been saved. If there is no ice, spring water will answer the same purpose, but will require to be more frequently changed.

BEEF, BRAISED.

Ingredients.—4 to 6 lbs. of fresh brisket of beef, 2 carrots, 1 turnip, 2 or 3 strips of celery, 1 or 2 leeks, ½ lb. of button onions, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, salt, stock, a few slices of bacon. For the sauce: 1½ ozs. of butter, 1½ ozs. of flour, stock.

Method.—Turn about a ¼ pint each of carrot and turnip with a large-sized, pea-shaped cutter, and put them and the button onions aside. Slice the remainder of the carrot and turnip, the leeks and the celery, and place them in a stewpan just large enough to contain the meat. Lay the meat on the top of the vegetables, cover with slices of bacon, add the bouquet-garni, peppercorns, a little salt, and stock or water to nearly cover the vegetables. Put on a close-fitting lid, and cook as gently as possible for 4 or 5 hours. Meanwhile, heat the butter in a smaller stewpan, add the flour, stir and cook slowly until well browned, and then add the stock, using that from the larger stewpan when none other is available. Stir until boiling, season to taste, boil for at least 10 minutes, then strain and use. The carrot and turnip dice and button onions must be cooked separately in well-flavoured stock until tender, and they may be added to the sauce, or arranged in groups round the dish on which the meat is served.

Time.—From 4 to 5 hours. Average Cost, 6*s*. Sufficient for 18 or 20 persons. Seasonable at any time.

BEEF, BRISKET OF.

Ingredients.—6 lbs. of brisket of beef, slices of bacon, 2 carrots, 1 onion, a bouquet-garni (parsley, thyme, bay-leaf), 2 cloves, 1 blade of mace, ¼ of a teaspoonful of allspice, 10 peppercorns, salt and pepper, 1 pint of brown sauce, stock or water.

Method.—Cover the bottom of a stewpan with slices of bacon, put in the meat, lay slices of bacon on the top of it, and add the bouquet-garni, cloves, mace, allspice, peppercorns, and a few vegetable trimmings. Nearly cover with stock or water, cook very gently for 5 or 6 hours, adding more stock or water to replace that which boils away, and taking care to keep the stewpan closely covered. Make the brown sauce as directed, using the stock from the stewpan when none other is available. Cut the vegetable into dice, cook in stock or water until tender, and add them to the sauce. The meat should be glazed, garnished with a little vegetable, and served on a hot dish.

Time.—5 or 6 hours. Average Cost, 4*s*. 6*d*. Seasonable at any time.

BEEF, BRISKET OF, STEWED.

Ingredients.—6 or 7 lbs. of fresh brisket of beef, vinegar, 2 carrots, ½ a turnip, 2 onions, 2 or 3 strips of celery, 1 blade of mace, 10 peppercorns, a bouquet-garni (parsley, thyme, bay-leaf), 1½ ozs. of butter, 1½ ozs. of flour, stock, salt and pepper.

Method.—Rub the meat over with vinegar and salt, and let it remain 2 or 3 hours before dressing. Put it into a stewpan just large enough to contain it, barely cover with stock, or water when stock is not available, bring to the boil and skim well. Simmer gently for 1 hour, then add the prepared vegetables, mace, peppercorns, bouquet-garni, and salt if required, and continue to cook as slowly as possible for 2½ hours longer, keeping the stewpan closely covered meanwhile. During the preparation of the above, heat the butter in a smaller stewpan, add the flour, stir and cook slowly until it acquires a nut-brown colour, then put aside until wanted. When ready, take up the meat, remove the bones, strain the stock, and add to it either stock or water to make up 1 pint. Add this to the prepared butter and flour, stir until boiling, boil gently for a few minutes, and season to taste. Serve the meat garnished with the vegetables, and the sauce separately.

TIME. — To stew, 3½ hours. AVERAGE COST, 3*s.* 8*d.* to 4*s.* SEASONABLE at any time.

BEEF, BROILED, WITH MUSHROOMS.

INGREDIENTS.—1 lb. of tinned roast beef, 12 preserved mushrooms, 1 oz. of butter, 1 oz. of flour, ¾ pint of stock or water, salt and pepper.

METHOD.—Slice the mushrooms, fry them lightly in hot butter, and sprinkle in the flour. Cook until nicely browned, add the stock or water, season to taste, stir until boiling, and afterwards simmer gently for about ½ an hour. Slice the meat, coat each slice lightly with oil or oiled butter, and broil over or in front of a clear fire. Serve with a little sauce and all the mushrooms round the dish, and put the remainder of the sauce in a sauce boat.

TIME.—About 1 hour. AVERAGE COST, 1*s.* to 1*s.* 3*d.* SUFFICIENT for 4 persons.

BEEF BROTH.

INGREDIENTS.—2 quarts of good stock, 1 carrot, 1 turnip, ½ cabbage, 2 ozs. of butter, 1 dinner roll, parsley or chives, pepper, salt, and nutmeg to season.

METHOD.—The stock should be made from beef and veal bones, well skimmed, but not necessarily clarified. The vegetables, after being washed and pared, may be cooked whole in the stockpot.

Cut the carrot and turnip into round slices, drain the cabbage and cut it into small pieces. Put all the vegetables in a stewpan with the butter, cover, and cook slowly for about 10 minutes. Season with pepper, salt, and a little grated nutmeg. Strain the stock on to the vegetables, let them simmer for about 30 minutes, and skim occasionally. Cut the roll into thin round slices, place them on a baking sheet, bake them on both sides a golden brown in a moderate oven, put them in a soup tureen, moisten with a little stock, pour the soup over, sprinkle over with a little chopped parsley or chives, and serve.

AVERAGE COST.—2*s.* 6*d.* SEASONABLE at all times. SUFFICIENT for 6 or 8 persons.

BEEF CAKE.

INGREDIENTS.—1 lb. of cold roast beef, 4 ozs. of breadcrumbs, 1 small onion chopped finely, 2 ozs. of cooked ham or bacon, 1 teaspoonful chopped parsley, pepper and salt, 1 egg, 1 gill of stock, about 2 ozs. of bread raspings, 1 oz. of butter.

METHOD.—Grease a plain mould or shallow cake tin, put in the raspings, and turn the mould round until quite covered with the raspings. Melt the butter, fry the onion until slightly brown, mince the beef and bacon finely, and then mix all the ingredients together, using more stock if the mixture is very dry. Then turn into the prepared mould, press carefully into shape, cover with a greased paper, and bake in a moderate oven for about 45 minutes. Turn out carefully, and pour a little brown sauce round.

Time.—To bake, about 45 minutes. Average Cost, *6d.*, exclusive of the meat. Sufficient for 3 or 4 persons.

BEEF, COLLARED.

Ingredients.—7 lbs. of thin end of the flank of beef, 2 ozs. of coarse sugar, 6 ozs. of salt, 1 oz. of saltpetre, 1 large handful of parsley minced, 1 dessertspoonful of minced sage, a bunch of savoury herbs, ½ teaspoonful of pounded allspice; salt and pepper to taste.

Method.—Choose fine tender beef, but not too fat; lay it in a dish, rub in the sugar, salt, and saltpetre, and let it remain in the pickle for a week or 10 days, turning and rubbing it every day. Then bone it, remove all the gristle and the coarse skin of the inside part, and sprinkle it thickly with parsley, herbs, seasoning, in the above proportions, taking care that the former are finely minced. Roll the meat up in a cloth as tightly as possible, bind it firmly with broad tape, and boil it gently for 6 hours. Immediately on taking it out of the pot, put it under a good weight, without undoing it, and let it remain until cold.

Time.—6 hours. Average Cost, 3*s.* 6*d.* to 4*s.* Seasonable at any time.

Note.—During the time the beef is in pickle, it should be kept cool, and regularly rubbed and turned every day.

BEEF COLLOPS (Tinned Beef).

Ingredients.—1 lb. of Australian beef, 2 ozs. of butter or dripping, 1 onion, ¼ pint of stock, 1 lemon, 1 teaspoonful of mushroom ketchup, salt and pepper.

Method.—Mince the beef finely, put the butter or dripping into a stewpan. Add the onion (chopped finely) and fry till it is nicely browned. Add the juice of the lemon, the stock, ketchup, and seasoning, simmer for 5 minutes, then add the meat, simmer for 5 minutes longer, and serve on a hot dish with a border of mashed potatoes or rice.

Time.—20 minutes. Average Cost, 10*d.* Sufficient for 3 or 4 persons.

BEEF, CORNED.

Ingredients.—Pickled round of beef.

Method.—The beef may be bought ready pickled, or pickled and, if liked, afterwards smoked according to directions given in recipe "Beef, Spiced." Put it into a stewpan with sufficient warm water to cover it, boil up, and afterwards simmer very gently until done. If required for immediate use, allow it to remain in the water until cold, as this will improve the flavour and render the meat more juicy, but it will not keep fresh quite so long.

Time.—To cook, 8 or 10 lbs., about 3½ hours. Average Cost, 10*d.* per lb.

BEEF CROQUETTES.

Ingredients.—4 ozs. of lean cooked beef, ½ pint of gravy or stock, ½ oz. of butter, ½ oz. of flour, ½ teaspoonful of finely-chopped parsley, a pinch of nutmeg, salt and pepper, about 4 ozs.

of paste, 1 egg, vermicelli or breadcrumbs, frying-fat.

Method.—Chop the meat very finely. Heat the butter in a small stewpan, fry the onion slightly, stir in the flour, add the stock, and boil well. Now add the meat, parsley and nutmeg, season to taste, and when well mixed turn on a plate to cool. Roll the paste out to the thickness of foolscap paper, cut it into rounds of 1¼ or 2 inches diameter, place a little of the meat mixture on one half, moisten the edges of the paste, fold the other half over, making the croquette half-moon or crescent shape, and press the edges of the paste together. Brush them over with beaten egg, roll them in crushed vermicelli or breadcrumbs, and fry in hot fat.

Time.—From 40 to 50 minutes. Average Cost, *7d.*, exclusive of the meat. Sufficient for 1 dish.

BEEF, CURRIED.

Ingredients.—2 lbs. of lean tender uncooked beef, 1¼ pints of stock or water, 2 ozs. of butter, 1 dessertspoonful of flour, 1 dessertspoonful of curry-powder, 1 teaspoonful of curry-paste, 1 sour apple, 2 small onions coarsely-chopped, 1 dessertspoonful of lemon-juice, salt, 4 ozs. of rice.

Method.—Cut the meat into slices about ½ inch thick, and 1 inch square. Melt the butter in a stewpan, fry the meat quickly and lightly, then take it out on to a plate, put in the onion, flour, and curry-powder, and fry gently for 10 minutes. Add the stock, curry-paste, apple sliced, and salt to taste, boil, replace the meat, cover closely, and cook gently for 1½ hours. Boil the rice, drain and dry thoroughly. When the meat is done, remove it to a hot dish, season the sauce to taste, add the lemon-juice, and strain over the meat. The rice should be served separately.

Time.—About 2 hours. Average Cost, *2s.* to *2s. 6d.* Sufficient for 5 or 6 persons.

BEEF, CURRY OF, COLD.

Ingredients.—1½ lbs. of cold roast beef, 1 pint of stock, 1½ ozs. of butter, 1 tablespoonful of flour, 1 tablespoonful of curry-powder, 1 teaspoonful of curry-paste, 1 sour apple, 2 onions coarsely-chopped, 1 teaspoonful of lemon-juice, salt, 4 ozs. of rice.

Method.—Put the bones and brown outside parts of the meat into a saucepan, cover with cold water, and boil for at least 2 hours, then strain and use. Cut the meat into slices about ½ an inch thick and 1 inch square. Melt the butter in a stewpan, fry the onions for 2 or 3 minutes, then add the curry-powder and flour, and fry gently for 5 minutes. Add the stock, curry-paste, sliced apple, and salt to taste, stir until the sauce boils, and simmer gently for ½ an hour. Now put in the meat, cover closely, draw the stewpan aside to prevent the contents boiling, and let it remain ½ an hour for the meat to become impregnated with the flavour of the sauce. Arrange the meat in a pyramidal form in the centre of a hot dish, season the sauce to taste, add the lemon-juice, and strain over the meat. Serve the rice separately.

Time.—1¼ hours. Average Cost, *6d.* to *8d.*, exclusive of the meat. Sufficient for 4 or 5 persons.

BEEF DRIPPING, TO CLARIFY.

Put the dripping into an old iron saucepan, cover with boiling water, and boil uncovered for ½ an hour. Cool slightly, then pour into an earthenware vessel, and as soon as it is cold and firm scrape the impurities from the under surface, and re-heat, to evaporate all water. If the fat is left on the water, after it is set, it will absorb some of the water.

BEEF, DRY PICKLE FOR.

Ingredients.—1 lb. of common salt, 2 ozs. of brown sugar, ¾ oz. of saltpetre, ½ a teaspoonful of ground black pepper.

Method.—Pound the above ingredients in a mortar until reduced to a fine powder. Rub them well into the meat, which must be turned and rubbed every day for 7 or 8 days, or until it is sufficiently salt.

Note.—Before applying dry pickling or salting ingredients, it is as well to rub the meat all over with common salt, and allow it to drain for 24 hours.

BEEF, FILLETS OF, LARDED.

Ingredients.—2 or 2½ lbs. of fillet of beef, larding bacon, 3 ozs. of butter, ⅓ pint of either Espagnole or demi-glace sauce, 24 button onions, glaze.

Method.—Cut the meat into round, even-sized fillets about ½ an inch in thickness, and lard them on one side in close rows. Heat 2 ozs. of butter in a sauté-pan, put in the fillets, fry the under side for 5 minutes, then transfer the pan to a moderately hot oven, and cook for 10 minutes longer, basting well during the time. In the meantime melt the remaining oz. of butter in a small stewpan, and fry the onions brown, and just before serving mix with them 2 tablespoonfuls of either Espagnole or demi-glace sauce. Brush the fillets over with glaze, arrange them in a circle on a border of mashed potato, serve the onions in the centre, and pour round the sauce.

Time.—About 15 minutes. Average Cost, 4*s.* 6*d.* to 5*s.* Sufficient for 7 or 8 persons. Seasonable at any time.

BEEF, FILLET OF, WITH TOMATOES.

Ingredients.—3 lbs. of fillet of beef, 6 or 8 small tomatoes, 2 ozs. of butter, 1 tablespoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, 1 moderate-sized onion (sliced), 1 teaspoonful of flour, ½ pint of beef stock, salt and pepper.

Method.—Trim and bind or skewer the fillet into a good shape. Heat the butter in a stewpan, put in the fillet, and fry it until the entire surface is well browned, then add the onion, parsley, herbs, and ½ a saltspoonful of pepper, cover closely, and let the meat cook as slowly as possible for 2 hours, basting frequently. Boil up the stock, mix the flour smoothly with a little cold stock or water, pour on to it the hot stock, return to the saucepan, simmer for 10 minutes, and ½ an hour before serving pour it into the stewpan containing the meat. The tomatoes may be plainly baked or stuffed with either mushrooms or meat farce (*see* Tomatoes Stuffed). When the meat is cooked, remove the strings or skewers, place it on a hot dish, and garnish with the tomatoes. To the gravy add seasoning to taste, deepen the colour by adding a few drops of caramel browning, Lemco, or a piece of meat glaze, and strain into a sauceboat.

Time.—2½ hours. Average Cost, 4*s.* 6*d.* Sufficient for 8 or 10 persons. Seasonable at any time.

BEEF FRITTERS.

Ingredients.—¼ lb. of cold roast beef, 6 ozs. of flour, 2 tablespoonfuls of oiled butter, ¼ pint of tepid water, the whites of 2 eggs, ½ teaspoonful of powdered mixed herbs, the rind of ½ a lemon, a good pinch of nutmeg, salt and pepper, frying-fat.

METHOD.—Chop the meat finely. Mix the flour, tepid water, and melted butter into a smooth batter, add to it the meat, herbs, lemon-rind, nutmeg, salt and pepper to taste, and lastly the stiffly-whipped whites of eggs. Have ready a deep pan of hot fat, drop in the mixture in tablespoonfuls, and fry until golden-brown. Drain well, dish in a pyramidal form on a folded napkin or dish-paper, and garnish with fried parsley. The mixture may be varied by the addition of a teaspoonful of powdered sage, and a tablespoonful of parboiled and finely-chopped onion, instead of lemon-rind and nutmeg.

TIME.—To prepare and cook, about 1 hour. AVERAGE COST, *6d.* exclusive of the meat. SUFFICIENT for 4 or 5 persons.

BEEF FRIZZLED.

INGREDIENTS. — Slices of cold meat, fat of beef, cold potatoes, 1 finely-chopped onion, salt and pepper.

METHOD.—Cook some pieces of fat very slowly until as much liquid fat as is required is obtained, then strain and return to the frying-pan. Make quite hot, put in the meat, fry quickly until lightly browned on both sides, then remove and keep hot. Put in the onion, fry until nicely browned, then add the potatoes, and season carefully with salt and pepper. Press them well down in the pan, fry until well browned, then turn and fry the other side. Arrange on a hot dish, place the meat on the top, and serve with a little gravy.

TIME.—About 25 minutes.

BEEF, GALANTINE OF.

INGREDIENTS.—1 lb. of lean beef, ½ lb. of bacon, 6 ozs. of bread-crumbs, 2 eggs, ¼ pint of stock, salt and pepper.

METHOD.—Cut the beef and bacon into small pieces, add the breadcrumbs, a liberal seasoning of salt and pepper, and mix well together. Beat the eggs, add to them the stock, and stir into the dry ingredients. Shape the mixture into a short thick roll, tie it in a buttered pudding-cloth, boil gently in stock or water for 2 or 2½ hours, then press until cold. Before serving, brush over with dissolved meat glaze, and decorate with creamed butter, or aspic jelly.

TIME.—To cook, from 2 to 2½ hours. AVERAGE COST, 1*s.* 9*d.*

BEEF GRAVY FOR POULTRY, GAME, Etc.

INGREDIENTS.—1 pint of cold water, ½ lb. of lean beef, 1 small onion, salt and pepper.

METHOD.—Cut the beef into small pieces, put it in with the onion and the water into a stewpan, or earthenware stew-jar, and cook slowly for 3 or 4 hours. Strain, season, and use as required.

TIME.—3 to 4 hours. AVERAGE COST, *6d.* Quantity, about ¾ pint.

BEEF, HARICOT OF (From Tinned Meat).

INGREDIENTS.—1 pint of haricot beans, 1 lb. tin of beef, 1½ ozs. of butter, 2 onions, ½ pint of stock, 1 carrot, 1 turnip, 1 tablespoonful of Harvey's sauce, pepper and salt, flour, ground rice.

METHOD.—Soak the beans overnight, drain them and put them in a saucepan with 2 quarts of water, and boil for 2 hours, or until they are thoroughly tender, drain and put them to dry beside the fire with the saucepan lid slightly raised, then put in ½ oz. of butter, pepper and salt. In another saucepan prepare a sauce as follows: put 1 oz. of butter in the pan and fry the sliced onions to a nice brown, cut up the turnip and carrot, add them, and mix the stock smoothly with a tablespoonful of ground rice and flour, place the stock in the saucepan, add the Harvey's sauce and simmer for ½ an hour. Empty the tin of beef, cut the meat into neat squares, roll these in flour and put them into the sauce to simmer for 5 minutes. Dish with the meat and gravy in the centre and the beans in a border round.

TIME.—2 hours. AVERAGE COST, 1s. 4*d*. SUFFICIENT for 4 persons.

BEEF, HASHED.

INGREDIENTS.—1 lb. of cold roast beef cut into slices, 1 onion sliced, 2 ozs. of streaky bacon, 1 oz. of butter, ¾ pint of Spanish and Tomato sauces in equal proportions.

METHOD.—Melt the butter, add the bacon cut into dice, then the onions, and fry a light brown. Now lay in the slices of meat, pour the sauces over, and cook slowly for ½ hour, without boiling. Dish up neatly with croûtes of bread fried in fat as garnish.

TIME. — About ¾ of an hour. AVERAGE COST, 1s. 6*d*. to 1s. 9*d*.

BEEF, HUNG, TO PREPARE.

INGREDIENTS.—To a piece of meat weighing from 12 to 16 lbs. allow ½ lb. of bay-salt, ½ lb. of coarse brown sugar, 1 oz. of saltpetre, ½ oz. of allspice, ½ oz. of peppercorns.

METHOD.—The meat should be hung in a cool, dry place as long as is consistent with safety to make it tender, but it must not be allowed to decompose in the least. Pound the above ingredients in a mortar until reduced to a powder, and when the meat is ready, rub the centre surface with the preparation, going carefully between the muscles and under the flaps of the meat. Let it be turned every morning for 14 days; at the end of that time roll it tightly in a cloth, and hang it in a warm (not hot) dry place for 3 weeks. When a smoky flavour is desired, the beef should be hung where it would receive the smoke, but not the heat, from a wood fire. Meat treated in this manner may be kept for a long time.

The pickle, after being boiled and well skimmed, may be used again.

BEEF, HUNTER'S.

INGREDIENTS.—For a round of beef weighing about 24 lbs., allow 3 ozs. of saltpetre, 3 ozs. of coarse sugar, 1 oz. of cloves, 1 grated nutmeg, ½ oz. of allspice, 1 lb. of salt, ½ lb. of bay-salt.

METHOD.—Let the beef hang for 2 or 3 days, and remove the bone. Pound the spices, salt, etc., in the above proportions, and let them be reduced to the finest powder. Put the beef into an earthenware pan, rub all the ingredients well into it, and turn and rub it every day for a little over a fortnight. When it has been sufficiently long in pickle, wash the meat, bind it up securely with string, and place it in a pan with ½ pint of water at the bottom. Mince some suet, cover the top of the meat with it, and over the pan put a common crust of flour and water; bake for 6 hours, and when cold remove the paste. The gravy that flows from it should be saved, as it adds greatly to the flavour of hashes, stews, etc. The beef may be glazed and garnished with aspic jelly.

TIME.—6 hours. AVERAGE COST, from 16*s.* 6*d.* to 17*s.* 6*d.* SEASONABLE all the year.

Note.—In salting or pickling beef or pork for family consumption, when it is not to be kept for any length of time, a smaller quantity of salt, and a larger quantity of other matters more adapted to retain mellowness in meat, may be employed. Sugar, which is well known to possess antiseptic principles in a very great degree, without the pungency and astringency of salt, is very generally used in the preserving of meat for family consumption. Although it acts without hardening or contracting the fibres of meat as is the case with salt, and, therefore, does not impair its mellowness, yet its use in sufficient quantities for preserving effect without the addition of other antiseptics, would impart a flavour not agreeable to the taste of many persons. It may be used, however, with salt, in a proportion of 1 part by weight to 4, to impart mildness and mellowness to cured meat.

BEEF JELLY (Invalid Dish).

INGREDIENTS.—1 pint of beef tea, 1 oz. of gelatine, salt and pepper.

METHOD.—Dissolve the gelatine in 2 tablespoonfuls of hot water, add it to the beef tea, and season to taste. Stir until beginning to set, then pour into small moulds, and put aside until firm. In cases where all nourishment must be administered, cold or iced, the above recipe will be found useful.

TIME.—2 or 3 hours. AVERAGE COST., 1*s.* 2*d.* to 1*s.* 4*d.*

BEEF JUICE (Invalid Cookery).

INGREDIENTS.—½ lb. of lean, juicy beef-steak, salt and pepper.

METHOD.—Remove all fat, and grill the steak quickly on both sides over a clear fire until slightly cooked. Cut it into strips, press out the juice with a lemon-squeezer into a hot cup, season to taste, and serve.

TIME.—To grill the steak, 8 to 10 minutes. AVERAGE COST, 7*d.* or 8*d.*

BEEF, LEG OF, STEW.

INGREDIENTS.—1 lb. of leg or shin of beef, ¾ pint of water, 2 tablespoonfuls of vinegar, 1 onion 1 carrot, ½ a turnip, a bouquet-garni (parsley, thyme, bay-leaf), pepper and salt.

METHOD.—Cut the meat into 5 or 6 pieces, put them in a dish, pour the vinegar over, and let them remain at least 1 hour, turning them 2 or 3 times. When ready, put the pieces with the vinegar into a jar with a close-fitting lid, add a good seasoning of salt and pepper, the herbs, and the vegetables cut into thick slices. Put on the lid, cover with 2 or 3 thicknesses of greased paper, stand the jar either in a cool oven or in a saucepan of boiling water, and simmer slowly for 3 hours. When done, remove the bouquet-garni, and serve the stew in a hot dish with its gravy.

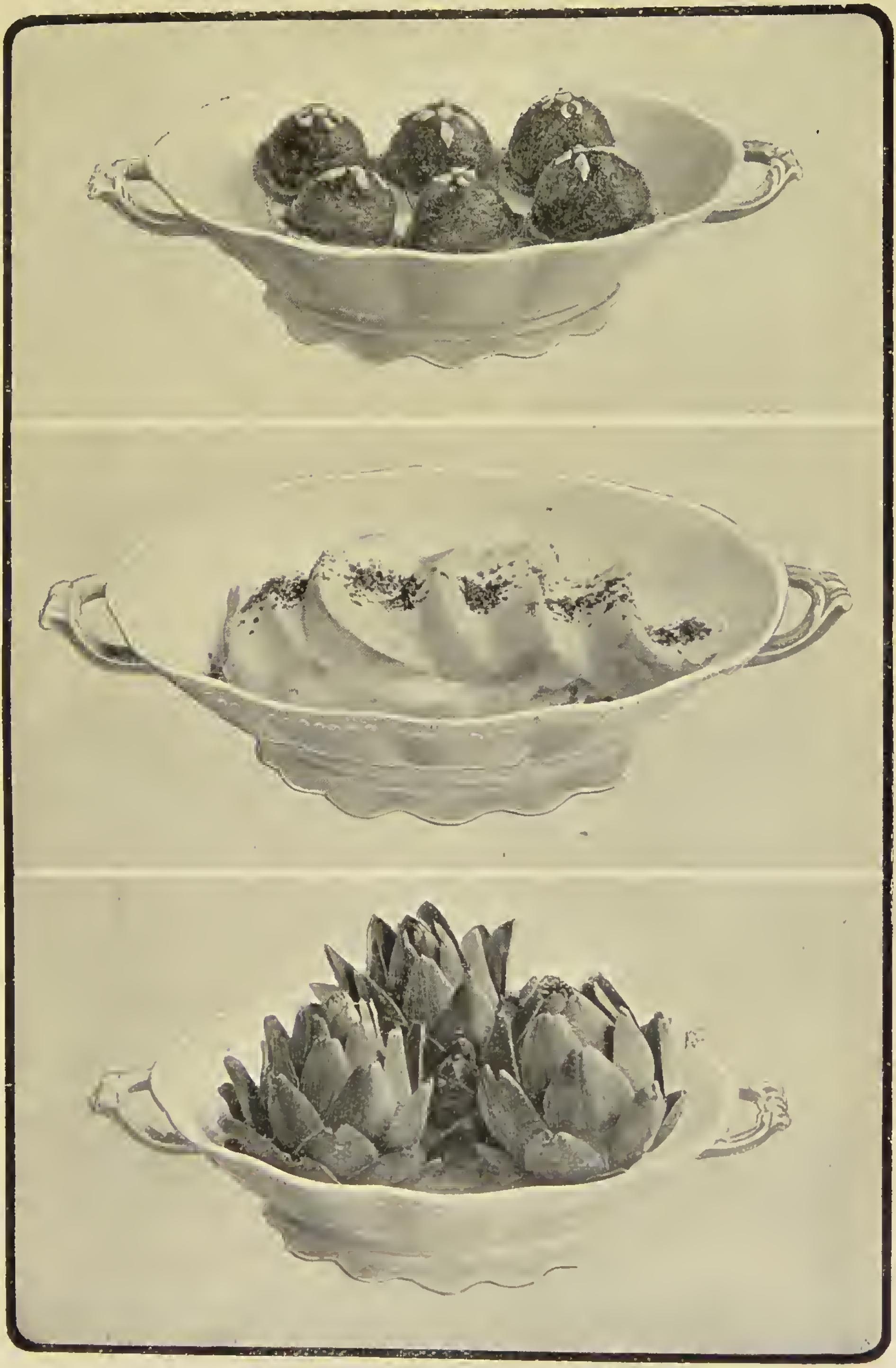
TIME.—3 hours to stew. AVERAGE COST, 9*d.* or 10*d.* SUFFICIENT for 3 or 4 persons.

BEEF, MINCED.

INGREDIENTS.—1 lb. of cold roast beef, 1½ ozs. of flour, 1½ ozs. of butter, 1 onion coarsely-chopped, 1 small carrot, ¼ of small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns.

METHOD.—Remove the bones, and the brown outside parts of the meat, put them into a stewpan with the herbs, peppercorns, and vegetables, cook them slowly for about 2 hours, then strain Have

VEGETABLES. No. 3.



1. Spinach Croûtes. 2. Vegetable Marrow with Sauce. 3. Globe Artichokes.

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VEGETABLES. No. 4.

1. Butter Beans. 2. Sweet Corn. 3. Flagolets.

ready the brown roux (or thickening), made by frying together the flour and butter until brown, add to it the hot stock, stir until it boils, then season to taste, and boil gently for 20 minutes. Chop the meat finely, or cut it into very small dice, put it into the sauce, cover closely, draw the stewpan to the side of the stove, and let it remain for ½ an hour, in order that the flavour of the sauce may be imparted to the meat. Before serving, the mince may be flavoured with mushroom ketchup, walnut liquor, Harvey's or other sauce, but these additions must be determined by individual taste. The mince may be garnished with fried potatoes or croûtons or poached eggs; if served as a luncheon dish, it may be sent up in a border of mashed potato.

TIME.—About 1 hour, after the stock is made. AVERAGE COST, 3*d*., exclusive of the meat. SUFFICIENT for 3 or 4 persons.

BEEF MINCED AND POACHED EGGS.

INGREDIENTS.—½ lb. of underdone roast beef, 2 eggs, ¼ pint of gravy, ½ oz. of butter, ½ oz. of flour, 1 finely-chopped small onion, ½ a teaspoonful of mushroom ketchup, Worcester sauce or vinegar, toasted bread, salt and pepper.

METHOD.—Cut the meat into small dice, melt the butter in a stewpan, fry the onion until lightly browned, sprinkle in the flour and brown slightly, then add the stock and boil for 2 or 3 minutes. Now put in the meat, ketchup, sauce or vinegar, season with salt and pepper, and let the pan stand where the contents will be kept hot without boiling for 10 or 15 minutes. Meanwhile, poach the eggs and trim them to a round form; cut the toast into small triangular shapes. When ready to serve, turn the mince on to a hot dish, place the eggs on the top, and surround the base with the pieces of toast. Serve hot.

TIME.—20 minutes. AVERAGE COST, 8*d*. SUFFICIENT for 2 persons. SEASONABLE at any time.

BEEF NOISETTES, WITH MUSHROOMS.

INGREDIENTS.—2 lbs. of fillet of beef, 2 fresh mushrooms, 1 finely-chopped shallot, ½ a teaspoonful of finely-chopped parsley, 2 ozs. of butter, ⅓ pint of brown sauce, salt and pepper.

METHOD.—Cut the meat into fillets of even size, not less than ½ an inch in thickness, and as round as possible, chop the mushrooms finely, add to them the shallot, parsley, and a little salt and pepper, and mix well together. Place a little of the mixture in the form of a round pat, in the centre of each fillet. Heat the butter in a sauté-pan, put in the fillets THE FARCED SIDE DOWN, fry quickly, then turn and fry the other side rather more slowly. To serve, arrange the noisettes in 2 rows on a bed of mashed potato (spinach may be used instead), and pour the hot sauce round.

TIME.—About 10 minutes. AVERAGE COST, 4*s*. SUFFICIENT for 6 or 7 persons.

BEEF OR MUTTON CURRY (Braised Beef).

INGREDIENTS.—1 lb. of beef or mutton, 1 oz. of butter or dripping, 1 tablespoonful of flour, 1 tablespoonful of curry-powder, 1 onion sliced, 1 apple sliced (an equal amount of gooseberries or rhubarb may be substituted), ¾ pint of stock, 1 teaspoonful of lemon-juice, salt, 4 ozs. of cooked rice.

METHOD.—Cut the meat into small pieces and boil down any jelly or trimmings for gravy. Heat the butter or dripping in a stewpan, fry the onion until brown, put in the flour and curry-powder, stir and cook for 5 minutes, then add the apple and stock, and stir until the ingredients boil. Cover closely and simmer for about 30 minutes, then strain and return to the stewpan. Bring nearly to boiling point, add the lemon-juice, season to taste, and put in the meat. Draw the saucepan to the side of the stove, and let the meat remain in the hot sauce for about 20 minutes, but do not allow it to boil. Serve in a border of boiled rice.

TIME.—About 1 hour. AVERAGE COST, 10*d*. SUFFICIENT for 3 or 4 persons.

BEEF PALATES

(*See* **Ox Palates Stewed**).

BEEF, PICKLE FOR.

INGREDIENTS.—4 quarts of cold water, 1 lb. of common salt, 6 ozs. of brown sugar, ¾ oz. of saltpetre.

METHOD.—Boil the above ingredients together for 10 minutes, skimming frequently. Strain into an earthenware vessel; when cold, put in the meat, and let it remain in the pickle for 10 days. If not completely immersed, it must be turned every day.

BEEF, PICKLED ROUND OF, FOR HANGING.

INGREDIENTS.—14 or 16 lbs. of round of beef. For the brine: 1 lb. of coarse salt, ½ lb. of coarse brown sugar, ½ oz. of saltpetre.

METHOD.—Mix the salt, sugar, and saltpetre together, and rub the mixture well into the meat. Keep it in an earthenware pan, turn twice a week for 3 weeks, then drain and bind into shape with strong tape. The meat may be at once cooked, or, if preferred, it may be hung in a kitchen, in which a fire is constantly kept, for 3 weeks. Pork, hams, and bacon may be similarly treated, but will require double the quantity of brine, and after being hung for 3 weeks they should be either smoke-dried or placed in tubs filled with dry oat-rusks.

TIME.—3 weeks in the brine, 3 weeks hung. AVERAGE COST, 8*d*. to 10*d*. per lb. SEASONABLE at any time.

BEEF, POTTED.

INGREDIENTS.—2 lbs. of lean beef, 2 ozs. of butter, 1 tablespoonful of water, a few drops of anchovy-essence, a good pinch each of powdered allspice, cloves, and mace, salt and pepper.

METHOD.—Cut the meat into small pieces, put it into a jar with the water, sprinkle on the cloves, mace, allspice, and a little salt and pepper. Cover with a close-fitting lid and 3 or 4 thicknesses of buttered paper, and place the jar either in a saucepan of boiling water, or in the oven in a baking-tin containing boiling water, which must be replaced as it reduces. Cook gently for about 3 hours, then pound well in a mortar, adding the gravy the meat has yielded, and a few drops of anchovy by degrees. Season to taste, rub through a fine wire sieve, press into pots, and cover with clarified butter.

TIME.—To cook, about 3 hours. AVERAGE COST, 1*s*. 10*d*. SUFFICIENT for 4 or 5 small pots.

BEEF, PRESSED.

INGREDIENTS.—Brisket of beef salted (*See* Beef, Pickle for), 1 onion, 1 carrot, ½ a turnip, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, glaze.

Method.—Wash the beef well in cold water, put it into a saucepan with sufficient warm water to cover it, boil up, skim well, add the prepared and sliced vegetables, bouquet-garni, and peppercorns, and simmer gently until the bones can be easily removed. Take the meat out of the saucepan, and having removed the bones, press it between 2 boards or dishes until cold. Brush over with glaze before serving.

BEEF PUDDING, FROM ROAST BEEF.

Ingredients.—½ lb. of cold roast beef finely-chopped, 3 ozs. of flour, 1 egg, ½ pint of milk, ½ a teaspoonful of powdered mixed herbs, salt and pepper, dripping.

Method.—Make the batter as directed for frying batter, season it with salt and pepper, and add the herbs and meat. Melt a little dripping in a piedish or deep baking-tin, put in the preparation, bake until set and nicely browned, then serve.

Time. — To bake, about 40 minutes. Average Cost, 3*d.*, in addition to the meat. Sufficient for 3 or 4 persons. Seasonable at any time.

BEEF, RAGOÛT OF.

Ingredients.—1½ lbs. of cold roast beef (preferably underdone), 2 ozs. of butter or fat, 1½ ozs. of flour, 2 onions coarsely chopped, 1 carrot cut into dice, ½ a turnip cut into dice, 1 pint of stock made from bones and trimmings, salt and pepper.

Method.—Cut the meat into neat slices, put them aside, and boil the bones and trimmings at least two hours for stock. Melt the butter in a stewpan, add the onion and trimmings of carrot and turnip, fry until lightly browned, then sprinkle in the flour. Stir and cook slowly until well browned, put in the stock, season to taste, and stir until boiling. Boil gently for 15 minutes, then cool slightly, put in the meat, cover closely, and cook very gently for 1½ hours, taking care to keep the temperature just below simmering point. Place the slices of meat on a hot dish, strain the sauce over, and garnish with the vegetable dice cooked separately. A tablespoonful of mushroom ketchup, walnut liquor, sharp sauce or vinegar, may be used to give additional flavour to the sauce.

Time.—To stew, 1½ hours. Average Cost, 4*d.*, exclusive of the meat. Sufficient for 3 or 4 persons. Seasonable at any time.

BEEF, RIB BONES OF.

Ingredients. — Rib bones, 1 carrot, 1 turnip, 1 onion finely chopped, ¼ pint of good gravy, salt and pepper, mashed potato.

Method.—The bones should have on them a slight covering of meat. Peel the carrot and turnip, scoop out small pea shapes with a special cutter, or, if more convenient, cut them into dice. Saw the bones into pieces 3 inches long, place them in a stewpan with the turnip, carrot and onion, add the gravy, and season to taste. Stew very gently until the vegetables are tender, and serve piled within a border of mashed potato.

Time. — About ¾ of an hour. Average Cost, exclusive of the bones, 4*d.* Seasonable at any time.

BEEF, ROAST.

Ingredients.—Beef, beef-dripping.

Method.—The joints usually roasted are the sirloin, ribs, and aitchbones, and sometimes the round. When cooking a large sirloin, it is a good plan to cut off the thin end, and salt, cook, and press it (as in Recipe Beef, Pressed). When the joint to be roasted consists of 1 or 2 ribs of beef off a large animal, it may be made compact and easier to carve by removing the bones, and skewering or tying the meat into a round form. The usual accompaniments to roast beef are gravy and horseradish, or horseradish sauce.

BEEF, ROAST FILLET OF.

Ingredients.—4 lbs. of fillet of beef. ⅓ pint of beef gravy, or demi-glacé sauce, horseradish sauce. For the marinade: 3 tablespoonfuls of salad-oil, 1 tablespoonful of lemon-juice, 1 teaspoonful of chopped onion, 1 teaspoonful of chopped parsley, ½ a teaspoonful of powdered mixed herbs, ¼ a teaspoonful of pepper, a pinch of ground cloves.

Method.—Tie the meat into a good shape, place it on a dish, pour over the marinade, and let it remain in it for 3 hours, turning and basting frequently. Have ready a sheet of stout, well-greased paper, drain away half the liquid part of the marinade, fold the remainder and the meat in the paper, and fasten the ends securely. Roast or bake for 1½ hours, basting frequently with butter or dripping. Half an hour before serving remove the paper, and when the meat is nicely browned brush it over with meat glaze and place it on a hot dish. The demi-glacé sauce may be poured round the dish or served separately, the horseradish sauce being served in a sauce-boat.

Time.—1½ hours to cook. Average Cost, 6s. Sufficient 4 lbs. for 8 or 9 persons.

BEEF ROLL (Tinned Beef).

Ingredients.—1 lb. of tinned roast beef, coarsely chopped, ½ lb. of cooked bacon, cut into small dice, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, salt and pepper, 2 eggs.

Method.—Mix the meat, bacon, parsley, herbs and a good seasoning of salt and pepper well together, and moisten gradually with beaten egg. Shape into a roll, brush over with egg, and bake gently for about 1 hour.

Time.—About 1½ hours. Average Cost, 1*s.* 2*d.* to 1*s.* 4*d.* Sufficient for 4 or 5 persons.

BEEF, ROLLED.

Ingredients.—5 lbs. of fillet of beef, 2 glasses of port, an equal quantity of vinegar, forcemeat, ½ a teaspoonful of pounded allspice, piquante sauce, red-currant jelly.

Method.—Pour the wine and vinegar over the meat, let the preparation remain for 2 days, basting frequently meanwhile, and turning once at least. Drain well, flatten slightly, cover with forcemeat, roll up tightly, and bind with tape. Place the roll in a baking-dish, add the allspice to the liquor in which the meat was marinaded, and pour the whole into the baking-dish. Cook gently for about 1 hour, basting frequently. Serve with piquante sauce and red-currant jelly, or, if preferred, substitute brown sauce or good gravy.

Time. — To cook, about 1 hour. Average Cost, fillet of beef from 1*s.* 1*d.* to 1*s.* 2*d.* per lb. Sufficient for 12 or more persons. Seasonable at any time.

BEEF ROLLS OR OLIVES.

Ingredients.—1½ lbs. of rump steak, veal forcemeat, ¾ pint of stock or water, 1½ ozs. of butter, 1 oz. of flour, 1 small onion sliced, a few slices of carrot, salt and pepper.

Method.—Remove all fat from the meat, cut it into very thin slices about 4 inches long and 2 inches wide, and flatten them with a wet cutlet-bat. Spread a little forcemeat on each slice of meat, roll up lightly, and tie securely with twine. Heat the butter in a stewpan, fry the olives until their entire surface is lightly browned, then remove them from the stewpan. Now put in the carrot and onion, fry quickly for 3 or 4 minutes, then sprinkle in the flour, fry brown, pour in the stock, and stir until boiling. Replace the olives in the stewpan, add salt and pepper, cover with a greased paper and the lid of the stewpan, and simmer slowly for 1½ hours. Remove the strings, dish the olives on a bed of mashed potato, season the sauce to taste, and strain it over them.

Time.—About 2 hours. Average Cost, 2*s.* to 2*s.* 4*d.* Sufficient for 6 or 7 persons.

BEEF SANDWICHES.

Ingredients.—Cold roast beef, tomato, cucumber or cress, mustard or curry-butter, white bread, salt.

Method.—Spread thin slices of bread with mustard or curry-butter, cover ½ of them with thinly-sliced beef, add slices of tomato, cucumber, or watercress leaves, seasoned with salt, pepper and vinegar. Cover with buttered bread, press well together, trim and cut into squares or triangles. Variety may be obtained by spreading the bread with creamed butter, and adding a thin layer of horseradish sauce to the beef instead of tomato or cucumber.

BEEF SANDWICHES, FROM RAW BEEF (Invalid Cookery).

Ingredients.—2 or 3 ozs. of raw juicy steak, thin slices of bread and butter, salt and pepper.

Method.—Scrape the meat finely, rub it through a wire sieve, and season lightly with salt and pepper. Spread it on thin bread and butter, and place another piece on the top. Cut into dainty squares and serve. If preferred, the pepper and salt may be omitted, and the meat preparation, when spread on the bread, plentifully dredged with castor sugar. This entirely masks the flavour of the meat.

Time.—10 minutes. Average Cost, steak, 1*s.* 2*d.* to 1*s.* 4*d.* per lb.

BEEF SAUSAGES.

Ingredients.—2 lbs. of lean beef, 1 lb. of beef suet, ¼ of a teaspoonful of powdered allspice, salt and pepper, sausage-skins, frying-fat.

Method.—Chop both beef and suet as finely as possible, add the allspice, salt and pepper to taste, and mix well. Press the mixture lightly into the prepared skins, prick well, and fry in hot fat until cooked and well-browned. When sausage skins are not available, the mixture may be shaped into small cakes, which should be floured before frying.

Time.—To fry, 10 to 15 minutes. Average Cost, 2*s.* 6*d.*

BEEF, SCOTCH COLLOPS.

Ingredients.—1 lb. of lean beefsteak, 1½ ozs. of butter, 1 teaspoonful of flour, ½ a teaspoonful of finely-chopped onion, ¼ pint of stock, salt and pepper.

METHOD.—Cut the meat into very small pieces, but do not chop it. Make the butter hot in a stewpan, fry the onion lightly, stir in the flour and cook a little longer, then add the meat and the stock, and simmer slowly for 40 minutes. Surround the dish with sippets of fried or toasted bread, and serve hot.

TIME.—To cook, 1 hour. AVERAGE COST, 1*s*. 4*d*. to 1*s*. 6*d*. SUFFICIENT for 2 or 3 persons.

BEEF, SHIN OF, SOUP.

INGREDIENTS.—2 lbs. of shin of beef, 3 quarts of water, 2 ozs. of butter or dripping, 1 oz. of flour, 1 onion sliced, 1 carrot sliced, ¼ of a turnip sliced, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, salt.

METHOD.—Heat the butter in a saucepan, put in the prepared onion, carrot, and turnip, and fry them brown. Add the water, the meat cut into small pieces, the bouquet-garni, peppercorns, and a little salt, and simmer gently for 3 or 4 hours. Strain, skim well, reheat, and stir in the flour previously mixed with a little cold water. Boil gently for 5 or 6 minutes, then serve garnished with a little cooked vegetable, macaroni, or other farinaceous substance.

TIME.—From 3½ to 4½ hours. AVERAGE COST, 1*s*. 3*d*. to 1*s*. 5*d*. SUFFICIENT for 8 persons. SEASONABLE at any time.

BEEF, SLICED AND BROILED.

INGREDIENTS.—Slices of cold roast beef, potato ribbons, frying-batter, frying-fat, salad-oil or oiled butter, salt and pepper.

METHOD.—Brush the slices of meat over with salad-oil or oiled butter, broil over a clear fire, and season carefully with salt and pepper. Dip the potato ribbons into the prepared batter, fry them rather slowly in a deep pan of hot fat until crisp and nicely browned, and drain well. Place the meat on a hot dish, garnish with the potato ribbons, then serve.

TIME.—To broil the meat, 5 minutes. SEASONABLE at any time.

BEEF, SPICED.

INGREDIENTS.—10 or 12 lbs. of pickled beef, 1 dessertspoonful of black pepper, ½ a teaspoonful of ginger, 1 saltspoonful of powdered cloves, 1 saltspoonful of grated nutmeg, ½ a saltspoonful of ground mace, 1 glass of claret or port wine.

METHOD.—Drain the beef from the pickle, mix together the above ingredients (except the wine), and sprinkle them over the entire surface of the meat, which must then be rolled, bound, and skewered into a good shape. Put the meat into an earthenware stewpot with a lid, pour over it the wine, cover the top of the vessel with 2 or 3 thicknesses of greased paper, and put on the lid. As no other liquid than the wine is added, it is absolutely necessary that the steam generated should be kept within the vessel, and for this purpose the lid is frequently covered with a paste of flour and water. The meat should be cooked slowly in the oven for about 4 hours, and then pressed between 2 boards or dishes until cold.

BEEFSTEAK AND FRIED POTATOES.

INGREDIENTS.—2 lbs. of rump steak, 1½ ozs. of butter, 1 good teaspoonful of finely-chopped parsley, ½ a teaspoonful of lemon-juice, cayenne, salt, 4 or 5 potatoes, frying-fat.

METHOD.—Knead the butter, parsley, lemon-juice, and a little cayenne together, spread the mixture smoothly on a plate, and put it aside, to become firm and cold. Peel the potatoes, cut them across into slices, and fry thoroughly in a cloth. Have ready a deep pan of fat, put the potatoes into a frying-basket, lower them into the fat, and cook until tender. Stand the basket and potatoes on a plate or baking-sheet until the fat boils up again, then replace them in the pan, and fry for 2 or 3 minutes to make them crisp. Meanwhile, grill the steak over a clear bright fire, and stamp the maître d'hôtel butter into rounds, by means of a small cutter. Serve the steak on a hot dish, garnished with the potatoes, with the pats of butter placed on the top of it.

TIME.—7 to 10 minutes to cook the steak, according to thickness. AVERAGE COST, 2*s.* 6*d.* to 2*s.* 10*d.* SUFFICIENT for 5 or 6 persons.

BEEFSTEAK AND KIDNEY PIE.

INGREDIENTS. — 1 lb. buttock steak, 2 sheep's kidneys, or ½ lb. of ox kidney, ¾ lb. rough puff paste, seasoning, 1 egg.

METHOD.—Cut the kidney into thin slices across, place 1 on each slice of meat, roll up tightly, and put the rolls on end in the pie-dish. Season with salt and pepper, and moisten with ½ gill of water or gravy, line the edges of the dish, and then cover with paste. Ornament the surface with fancifully cut leaves of paste, flake the edge of paste, brush over with beaten egg and bake in a fairly hot oven from 1½ to 1¾ hours.

TIME.—About 2 hours. AVERAGE COST, 3*s.* SUFFICIENT for 6 or 7 persons.

BEEFSTEAK AND KIDNEY PUDDING.

INGREDIENTS.—The same as in the recipe for Beefsteak Pudding, with the addition of 2 sheep's kidneys, or ½ lb. of ox kidney.

METHOD.—Cut the kidney into thin slices, 3 inches long and 2 inches wide, dip them in the seasoning mixture, place one on each slice of meat, roll up tightly, and place the rolls on end in the basin. In other respects, proceed as directed in the recipe for "Beefsteak Pudding."

TIME.—4 to 4½ hours. AVERAGE COST, 2*s.* 6*d.* SUFFICIENT for 5 or 6 persons.

BEEFSTEAK AND OYSTER PIE.

INGREDIENTS.—The same as the recipe for Beafsteak Pie, substituting 2 dozen sauce oysters for the kidney.

METHOD.—Beard the oysters, and blanch the beards in the oyster liquor, which must be re-heated, seasoned, strained, and added to the gravy in the pie just before serving. Place an oyster on each slice of meat, roll up tightly, and put the rolls on end in the pie-dish. See "Beefsteak Pie" for directions for making.

TIME.—About 2 hours. AVERAGE COST, 4*s.* 6*d.* SUFFICIENT for 6 or 7 persons.

BEEFSTEAK AND POTATO PIE.

INGREDIENTS.—1½ lbs. of beef-steak, potatoes to fill the dish, 1 small onion parboiled and finely-chopped, 1 tablespoonful of flour, 1 teaspoonful of salt, ½ a teaspoonful of pepper, short crust paste.

METHOD.—Peel the potatoes, and cut them into thick slices. Cut the meat into thin slices, about 2 inches long and an inch wide. Mix the flour, salt and pepper together on a plate, dip the slices of meat in the mixture, and roll them up tightly. Line the bottom of the piedish with slices of potato, sprinkle with salt and pepper, cover with rolls of meat, and add a little onion, but use it very sparingly unless the flavour is much liked. Repeat until the dish is full, add boiling water to ¾ fill the dish, and cover with paste. Bake for 2 hours in a moderately hot oven, and, before serving, pour a little hot beef gravy, or hot water seasoned with salt and pepper, through the hole in the top.

Time.—To bake, about 2 hours. Average Cost, *2s.* to *2s. 2d.* Sufficient for 5 or 6 persons.

BEEFSTEAK, FRIED.

Ingredients.—1½ lbs. of rump steak, salt and pepper, butter or frying-fat.

Method.—Although this method of cooking steaks is not to be recommended, it is often more convenient than grilling, and with proper care the tender juicy qualities of the steak may be preserved, but it is less easily digested, in consequence of the fat in which it is fried. Make the butter or fat hot in a frying-pan, have sufficient to barely cover the bottom of the pan, put in the steak, fry one side quickly, then turn and fry the other side. When the entire surface is browned and hardened the cooking should be done a little more slowly, to avoid burning the fat in the pan, the steak being repeatedly turned. The steak may be served with a little butter spread lightly on the surface, or with gravy. To make this, drain off all the fat, add a little boiling water to the sediment in the frying-pan, season with salt and pepper, boil up, skim, strain, and serve round the dish or separately in a sauce-boat.

Time.—From 10 to 15 minutes. Average Cost, from *1s. 2d.* to *1s. 4d.* per lb. Sufficient for 4 to 5 persons.

BEEFSTEAK, GRILLED.

Ingredients.—1½ lbs. of steak cut off the fillet, rump, sirloin, or tenderloin, ½ oz. of butter, salt and pepper.

Method.—Grilling is a very simple process in cookery, the success of which depends almost entirely upon the fire being clear, bright, and free from smoke. A handful of salt sprinkled on the fire just before use will assist in clearing it. Before using the gridiron, it should be heated and the bars well rubbed with paper, and afterwards with fat or suet, to prevent the meat sticking to them. The chief point in grilling is to quickly harden the outside of the meat, in order to keep in the flavour and goodness, and this result is achieved more quickly if the meat be brushed over with salad-oil or warm butter before grilling. The steak should be turned frequently, by means of steak-tongs, or, failing these a fork, which must not, however, be thrust into the lean part of the meat to make holes through which the juices of the meat would escape. A steak cooked to perfection should be very dark on the outside, and the inside red and full of gravy. When done, spread the butter lightly on the surface, sprinkle with salt and pepper, and serve on a very hot dish. If liked, the dish may be garnished with watercress or scraped horseradish. Oyster sauce, grilled or baked tomatoes, or fried onions, are frequently served with beefsteak; they must always be cooked first, as the shortest possible time must be allowed to elapse between the steak leaving the grill and being served.

Time.—10 to 15 minutes, for steaks of average thickness. Average Cost, *1s. 2d.* to *1s. 4d.* per lb. Sufficient for 4 persons.

BEEFSTEAK, PICKLED (South African Recipe).

INGREDIENTS.—2 lbs. of steak, 2 onions sliced, 2 or 3 tablespoonfuls of tarragon vinegar, 1 tablespoonful of salad-oil, 24 white peppercorns, 6 cloves, 1 teaspoonful of finely-chopped mixed parsley, thyme, and marjoram.

METHOD.—Place the steak in a deep dish, cover with slices of onions, add the rest of the ingredients, and let the steak remain in the marinade for about 12 hours. Drain and wipe well, and grill quickly over a clear fire. Strain the marinade into a stewpan, boil up, season to taste, put in the steak and let it cook very gently for about 20 minutes.

TIME.—To grill the steak, 7 or 8 minutes. AVERAGE COST, 2*s.* 6*d.* to 3*s.* 6*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

BEEFSTEAK PIE.

INGREDIENTS.—2 lbs. of beef-steak, 1 tablespoonful of flour, 1 level teaspoonful of salt, ½ a teaspoonful of pepper, the yolk of an egg, puff paste or short crust paste.

METHOD.—Cut the meat into thin slices, about 3 inches in length and width, but of no particular shape. Mix the flour, salt, and pepper together on a plate, dip the slices of meat in the mixture, and place them in a piedish, which should be sufficiently small to allow the meat to be well raised in the centre, and thus give to the pie a desirable plump appearance. Sprinkle the rest of the seasoning mixture between the layers of meat, and pour in enough boiling water to ¾ fill the dish. Make the paste as directed, roll it out to a suitable thickness, invert a piedish of the same size as the one filled with meat, in the centre of the paste, and cut round, leaving a margin of about ¾ of an inch. Line the edge of the dish with the trimmings, for paste is always lighter when not re-rolled. Put on the cover, ease it well over the raised meat, for which purpose the ¾ of an inch margin was allowed, moisten and press the edges together, and notch them at regular intervals. Make a hole in the centre of the top, decorate with leaves, and brush over with the yolk of egg. The pie must be baked in a hot oven until the paste has risen and set, afterwards it must be cooked more slowly, otherwise the paste will be over-baked before the meat is done. Before serving, pour in through the hole in the top either a little beef gravy, or hot water seasoned with salt and pepper.

TIME.—To bake the pie, about 2 hours. AVERAGE COST, 2*s.* 6*d.* SUFFICIENT for 6 or 7 persons.

Note.—If preferred, the meat may be partially cooked before covering with paste. In which case it should be closely packed in a piedish or baking dish, covered with an inverted dish or tin, and gently cooked in the oven for about 1½ hours. A saucepan is not to be recommended for this preliminary process, for unless the meat is closely packed it is apt to curl up and lose its shape. The meat must be transferred to a cold piedish, and allowed to cool slightly before being covered with paste.

BEEFSTEAK PUDDING, BAKED.

INGREDIENTS.—1 lb. of beef-steak, ½ lb. of ox kidney, 6 ozs. of flour, 2 eggs, ¾ pint of milk, salt and pepper, dripping.

METHOD.—Cut the steak into finger-shaped pieces, fry for a few minutes in dripping, and the kidney into rather thin slices, and season liberally with salt and pepper.

Mix the eggs, milk, and flour into a smooth batter, and season to taste with salt. Melt a little dripping in an earthenware baking-dish or piedish, put in half the batter, and bake until set. Place the partially fried steak and kidney on the top of the batter, fill up the dish with the remainder of the batter, and bake until set and well browned.

Time.—To bake, about 1¼ hours. Average Cost, 1*s.* 6*d.* to 1*s.* 10*d.* Sufficient for 4 or 5 persons. Seasonable at any time.

BEEFSTEAK PUDDING (Another Method).

Ingredients.—2 lbs. of beefsteak, 1 tablespoonful of flour, 1 level teaspoonful of salt, ½ a teaspoonful of pepper, 1 lb. of suet paste.

Method.—Cut the meat into thin slices, about 3 inches in length and width, but not necessarily uniform in shape. Mix the flour, salt and pepper, together on a plate, and dip each slice in the mixture. Make the paste as directed, cut off about ¼ of it, and put it aside for the lid, roll out the remainder to the size of the basin, which must be previously well greased. Line the basin with the paste, put in the meat, sprinkle the rest of the seasoning mixture between the layers, and leave spaces to admit water, thus preventing the pudding becoming too dry. Three-quarters fill the basin with boiling water, which extracts less of the juices of the meat than cold water, put on the cover, and moisten and seal the edges. If the pudding is to be boiled, tie over a scalded and floured pudding cloth. If steamed, cover with a greased paper. Let the water be quite boiling, put in the pudding, and boil for 3½ hours, or steam for 4 hours.

Time.—From 4 to 4½ hours to cook. Average Cost, 2*s.* 4*d.* Sufficient for 5 or 6 persons.

BEEFSTEAK, ROLLED.

Ingredients.—2 lbs. of steak, cut in one piece, ¾ of an inch in thickness, 6 to 8 ozs. of veal forcemeat, 1 pint of stock or water. 1½ ozs. of butter, 1 tablespoonful of flour, salt and pepper.

Method.—Flatten the meat with a cutlet-bat or rolling-pin. Let the forcemeat be rather highly seasoned, spread it on the meat, roll up tightly, and bind with tape. Heat the butter in a stewpan, put in the meat, and fry quickly until the whole surface is browned, then add the hot stock or water, cover closely, and cook slowly for about 2 hours. When done, place on a hot dish, thicken the gravy with the flour, boil for 3 or 4 minutes, season to taste, and strain over the meat.

Time.—About 2 hours, to cook. Average Cost, 2*s.* 9*d.* to 3*s.* Sufficient for 4 or 5 persons.

Note.—The roll may also be baked in the oven, but it must be well basted either with stock or fat.

BEEF SUET OR FAT, TO CLARIFY.

Ingredients.—6 lbs. of beef fat, 1 pint of cold water.

Method.—Remove skin and sinews of the fat, then cut it into small pieces; put them with the water into an old iron saucepan, and boil until all the water has evaporated, and the liquid becomes clear, and the pieces of fat light-brown and shrivelled in appearance. Stir frequently to prevent the fat sticking to the pan. When cool, strain. This amount of fat should produce 4 lbs. of clarified fat. The fat may be cooked or uncooked, and a small quantity may be more conveniently clarified in a jar in the oven.

TIME.—From 2 to 3 hours. AVERAGE COST, from 4*d.* per lb. QUANTITY, 6 lb. yields 4 lb. of clarified fat.

BEEF TEA (For Invalids).

INGREDIENTS.—1 lb. of gravy beef, 1 pint of cold water, ½ a teaspoonful of salt.

METHOD.—Remove the fat, shred the meat finely, as in the following recipe, or pass it through a mincing machine. Place it in an earthenware jar, add the water and salt, and cover closely. Place the jar in a saucepan of boiling water, or in a slow oven, and cook for 3 hours, stirring occasionally. Strain, remove carefully all traces of grease, and serve.

TIME.—3 hours. AVERAGE COST, 7*d.*

BEEF TEA AND EGG (For Invalids).

INGREDIENTS.—¼ pint of beef tea, 1 yolk of egg, salt, toasted bread.

METHOD.—Beef tea, veal tea, mutton tea, or diluted beef essence may be employed in this preparation. Beat the yolk of an egg in a teacup, season lightly with salt, and, if allowed, add a little pepper. Heat the beef tea, but do not allow it to boil, and pour it over the yolk of egg, stirring briskly meanwhile. Serve with thin strips of toast.

TIME.—10 minutes. AVERAGE COST, 4*d.*

BEEF TEA CUSTARD (Invalid dish).

INGREDIENTS.—¼ pint of good beef tea, the yolks of 2 eggs, the white of 1 egg, salt.

METHOD.—Beat the yolks and white thoroughly together, pour on to it the beef tea, and season to taste. Have ready a well-buttered cup, pour in the preparation, cover with a buttered paper, and stand the cup in a stewpan containing a little boiling water. Steam very gently for about 20 minutes, then turn out carefully. Serve either hot or cold, or cut into dice, and serve in broth or soup.

TIME.—20 minutes. AVERAGE COST, 5*d.* or 6*d.*

BEEF TEA CUSTARD (Another way).

INGREDIENTS.—Beef essence, 1 egg, ¼ pint of boiling water, salt and pepper.

METHOD.—Make a stock of required strength with beef essence and water. Beat the egg well, then add the stock, and season to taste. Turn into a buttered cup, place in a saucepan, surround with boiling water, and cook very gently until the custard is set firmly.

TIME.—About 20 minutes. AVERAGE COST, 4*d.* or 5*d.* SUFFICIENT for 1 person.

BEEF TEA, RAW (For Invalids).

INGREDIENTS.—2 ozs. of lean, juicy beef, 2 tablespoonfuls of cold water, a pinch of salt.

METHOD.—Cut off all skin and fat, shred the meat finely, pour over it the water, add the salt, cover and let it stand for at least 2 hours. When ready to use strain into a coloured glass, and season to taste. This variety of beef tea is more easily digested than any other, in consequence of the albumen being contained in an uncooked and therefore soluble condition.

TIME.—2 hours. AVERAGE COST, 1½*d.*

BEEF TEA, WHOLE (For Invalids).

Ingredients.—1 lb. of gravy beef, 1 pint of cold water, ½ a teaspoonful of salt.

Method.—Remove all fat, shred the meat finely, and as soon as it is shredded put it into the water, in which the salt should be previously dissolved. Let it stand covered for ½ an hour, then heat slowly, and cook as gently as possible until the liquid turns a rich reddish-brown, and the meat becomes white. Strain, pound the meat thoroughly in a mortar, and pass it through a wire sieve. Stir the pounded meat into the beef tea, season to taste, and serve.

Time.—1¼ hours. Average Cost, 8*d*. to 10*d*.

BEEF TEA WITH OATMEAL (Invalid diet).

Ingredients.—½ pint of good beef tea, 1 tablespoonful of well-cooked oatmeal, salt and pepper, toasted bread.

Method.—The oatmeal when cooked should have the consistency of thick porridge. Heat the beef tea, stir in the prepared oatmeal, season to taste, and serve with thin strips of toasted bread.

Time.—10 minutes. Average Cost, 6*d*.

BEEF, TENDER LOIN OF.

Ingredients.—A thick slice off a well-hung sirloin, salad-oil or oiled butter, salt and pepper.

Method.—Brush the meat on both sides with salad-oil or oiled butter, grill over a clear fire until done, turning two or three times, and repeatedly brush it over with oil or butter. Season with salt and pepper, and serve with fried potatoes and maitre d'hôtel butter, or any other accompaniments preferred.

Time.—10 to 15 minutes, according to thickness. Average Cost, 1*s*. 2*d*. to 1*s*. 4*d*. per lb.

BEETROOT AND ONION SALAD (*See* Onion Salad).

Use one part of thinly-sliced onion and two parts of sliced and pickled beetroot.

BEETROOT, BOILED.

Ingredients.—Beetroot, boiling water.

Method.—When large, young and juicy, this vegetable makes a very excellent addition to winter salads, and may easily be converted into an economical and quickly-made pickle. Beetroot is more frequently served cold than hot; when the latter mode is preferred, melted butter should be sent to table with it. Beetroot may also be stewed with button onions, or boiled and served with baked onions. Wash the beets thoroughly, but do not prick or break the skins before they are cooked, or they will lose some of their beautiful colour in boiling. Put them into boiling water, and let them boil until tender, keeping them well covered. If the beets are to be served hot, rub off the peel quickly, cut the beet into thick slices, and send to table with melted butter. For salads, pickle, etc., let the root cool, then peel by rubbing, and cut into slices.

Time.—Small beetroot, 1½ to 2 hours; large, 2½ to 3 hours. Average Cost, 1*d*. to 3*d*. each. Seasonable at any time.

Note.—In boiling beetroot great care must be taken not to damage the skin, otherwise it will "bleed," becoming white and tasteless. Should the skin be accidentally broken it is better to bake them in a moderate oven, previously covering the damaged part with a little flour paste.

BEETROOT, DRESSED.

INGREDIENTS.—1 small beetroot, 2 anchovies, 2 hard-boiled eggs, 1 tablespoonful of finely-chopped capers, 1 very finely-chopped shallot, anchovy essence, lemon-juice, brown bread, butter, pepper, cayenne, salt.

METHOD.—Prepare thin slices of bread and butter, cut from them 8 or 9 rounds about 1¾ inches in diameter, and cover them with slices of beetroot of corresponding size and thickness. Cut the eggs across into thin slices, select 8 or 9 of suitable size, remove the yolk, and place the rings of white of egg on the croûtes, leaving visible a narrow margin of beetroot. Pass the remainder of the eggs through a sieve, mix with them the capers and shallot, add a few drops of lemon-juice and sufficient anchovy essence to form a moist paste. Season to taste, pile the preparation in the centre of the croûtes, garnish with fine strips of anchovies, and serve.

TIME.—1 hour. AVERAGE COST, 1*s*. SUFFICIENT for 6 or 7 persons. SEASONABLE all the year.

BEETROOT FRITTERS.

INGREDIENTS.—1 large cooked beetroot, 3 yolks of eggs, 1 tablespoonful of flour, sugar to taste, ½ a teaspoonful of lemon-rind, a good pinch of nutmeg, frying-batter (*see* Apple Fritters), frying-fat.

METHOD.—Pass the beetroot through a fine sieve, sprinkle in the flour, add the yolks of eggs, lemon-rind, and nutmeg, and sweeten to taste. Stir over a slow fire for 10 minutes, and put aside until cold. Drop the mixture in dessertspoonfuls into the batter, drain slightly, and fry in hot fat until crisp and lightly browned. Drain well, and serve dredged with castor sugar. Another variety of fritters is prepared with cooked beetroot thickly sliced, coated with sweet or savoury batter, and fried as directed above.

TIME.—Altogether, ½ an hour. AVERAGE COST, 7*d*. SUFFICIENT for 5 or 6 persons.

BEETROOT PICKLE.

INGREDIENTS.—6 medium-sized beetroots, 1 quart of malt vinegar, ½ oz. of whole black pepper, ½ oz. of allspice, 1 small horseradish grated, salt to taste.

METHOD.—Wash the beetroots well, taking care not to break the skins, and bake them in a moderate oven for 1½ hours. When cool enough to handle remove the skins, cut the beetroots into ½-inch slices, and place them in jars. Meanwhile, boil the vinegar, horseradish, pepper, and spice together, let the mixture become quite cold, then pour in over the beetroot. Cover the jars closely with parchment paper coated on both sides with white of egg, and store until required in a cool, dry place.

TIME.—From 2 to 3 hours. AVERAGE COST, 1*s*. 4*d*.

BEETROOT SALAD.

Arrange stamped-out or plain slices of beetroot overlapping each other closely, moisten with salad dressing (*see* recipes for same), and serve garnished with shredded celery, or tufts of finely-scraped horseradish.

BEETROOTS, BAKED

(*See* **Beetroot, Boiled**).

BEETROOTS, STEWED

(*See* **Beetroot, Boiled**).

BENEVOLENT SOUP.

Cheap soup, suitable for a soup kitchen.

INGREDIENTS.—½ an ox-cheek, 4 celery tops, 2 large carrots, 4 large onions, 2 large turnips, 1 cabbage, salt and pepper, a bunch of herbs, 10 quarts of cold water, 1½ pints dried peas or lentils.

METHOD.—Bone the ox-cheek, cut up the meat into small pieces, put all into a large boiler, add the cold water; when it comes to the boil, skim, then throw in the vegetables, which have been cleaned and cut in quarters, the bunch of herbs, pepper and salt. Let these ingredients simmer gently for 4 hours. Add the cabbage an hour before serving. If peas or lentils are used, soak them over-night, then cook them with the above ingredients. Season the soup again just before serving.

TIME.—6 or 7 hours. AVERAGE COST, 2*d.* per pint. SEASONABLE at any time.

BERLIN PUDDING.

INGREDIENTS.—2 ozs. of flour, 2 ozs. of butter, 2 ozs. of castor sugar, 2 ozs. of almonds, 4 eggs, ½ pint of milk (rather less), salt.

METHOD.—Blanch, peel, and shred the almonds finely, then dry them in a cool oven. Dry and sieve the flour, add to it about half the milk, and stir vigorously until a smooth batter is formed. Put the remainder of the milk and the butter into a stewpan, when boiling, add the sugar, batter, and a good pinch of salt, and stir over the fire until it thickens. Now let it cool slightly, then beat in each yolk of egg separately, stir in the almonds, and lastly add the stiffly whipped whites of eggs. Turn the preparation into 1 large or 8 small, well-buttered moulds, and steam a large pudding from 1½ to 2 hours, and small ones for about 40 minutes. Serve with custard sauce or other suitable sweet sauce.

TIME.—From 2 to 2½ hours. AVERAGE COST, 10*d.* to 1*s.* SUFFICIENT for 4 or 5 persons.

BETSY PUDDING.

INGREDIENTS.—1 lb. of stale bread, 2 ozs. of finely-chopped suet, 2 ozs. of sugar, 2 eggs, 2 pints of milk, 8 tablespoonfuls of jam or stewed fruit.

METHOD.—Boil the milk, pour it over the bread, cover, and let it stand for ½ hour, then beat out the lumps with a fork. Add the suet, sugar, well-beaten eggs, and mix well together. Place a layer of this preparation in the bottom of a greased piedish, cover thickly with jam or stewed fruit, add another layer of bread, etc., and repeat until the dish is full, covering the last addition of jam or fruit rather thickly with the preparation. Bake in a moderate oven for 1 hour, and serve hot.

TIME.—Altogether, about 2 hours. AVERAGE COST, 1*s.* 1*d.* SUFFICIENT for 6 or 7 persons.

BISCUIT POWDER (Generally used for Infants' Food).

This powder may be purchased in tin canisters, and may also be prepared at home. Dry the biscuits well in a slow oven, roll them and grind them with a rolling pin on a clean board until they are reduced to powder; sift the powder through a close hair sieve, and it is then fit for use. It should be kept in well-covered tins, and in a dry place.

AVERAGE COST.—6*d.* per lb.

BISCUIT ICE CREAM.

INGREDIENTS.—Ice cream, Savoy biscuits.

METHOD.—Line a plain ice

mould with Savoy biscuits, put in the frozen cream ice, cover and pack in ice until required.

Time.—Altogether, 5 or 6 hours. Average Cost, variable. Allow a pint mould for 4 or 5 persons.

BISCUITS, PLAIN.

Ingredients.—6 ozs. of flour, 2 ozs. of castor sugar, 1 oz. of butter, yolk of 1 egg, 2 tablespoonfuls of milk.

Method.—Beat the egg with the milk, then mix with the other ingredients, and roll and cut out into very thin biscuits with a paste cutter. Bake for 6 minutes in a quick oven.

Time.—6 minutes. Average Cost, 4*d*. Sufficient for 1½ dozen biscuits.

BISHOP.

Ingredients.—1 bottle of port or sherry, 2 lemons, 2 ozs. of loaf sugar, 1 tumbler of water, spice to taste.

Method.—Stick 1 lemon with cloves and roast or bake it, boil the spice in the water, boil up the wine, take off some of the spirit with a lighted paper, add the water and the roasted lemon, and let the preparation stand near the fire for a few minutes. Rub the sugar on the rind of the other lemon, put it into a bowl, strain, and add half the juice of the lemon ; pour in the wine and serve as hot as possible.

BLACKBERRY JAM.

Ingredients.—Blackberries, half their weight in sugar.

Method.—Boil the blackberries and sugar together for 40 minutes. Cover closely, and keep in a dry, cool place. The jam will be less insipid if a little lemon-juice is added.

Time.—40 minutes. Average Cost, blackberries, 3*d*. to 5*d*. per lb.

BLACKBERRY SYRUP.

Ingredients.—To each lb. of fruit allow 1 lb. of loaf or preserving sugar, and 1 tablespoonful of cold water, brandy.

Method.—Place the fruit, sugar, and water in a large jar with a close-fitting cover, stand the jar in a saucepan of boiling water, and cook gently for 2 hours. Strain the juice, measure it, put it into a preserving-pan or stewpan (preferably an enamelled one), and boil gently for 20 minutes, skimming carefully meanwhile. To each pint of syrup add a small glass of brandy, let the whole become quite cold, then bottle for use.

BLACKBIRD PIE.

Ingredients.—Blackbirds, rump steak, veal forcemeat, hard-boiled eggs, good stock, salt and pepper, paste.

Method.—Pick and draw the birds, and stuff them with veal forcemeat. Line the bottom and sides of a piedish with rather thin slices of steak, put in the birds cut in halves, season them with salt and pepper and intersperse sections or slices of hard-boiled eggs. Half fill the dish with good stock, cover with paste (*see* "Veal and Ham Pie"), and bake in a moderately hot oven. Add more stock before serving.

Time.—To bake the pie, from 1¼ to 1¾ hours, according to size. Average Cost, uncertain, black-birds being seldom sold. Seasonable from November to the end of January.

BLACK BUTTER SAUCE.

Ingredients.—1½ ozs. of butter, 1 teaspoonful of chopped parsley, ½ a teaspoonful of vinegar.

Method.—Cook the butter in a frying or sauté-pan, until it acquires a nut-brown colour ; then add the parsley and vinegar, cook for 1 minute longer and serve.

TIME.—5 minutes. AVERAGE COST, 2*d.*

BLACK-CAP PUDDING.

INGREDIENTS.—4 ozs. of flour, 1 oz. of sugar, 1 oz. of currants, cleaned and picked, ½ pint of milk, 1 egg, 1 good pinch of salt.

METHOD.—Put the flour and salt into a basin, make a well in the centre of the flour, break in the egg, add the milk a little at a time, and stir, gradually working in the flour from the sides. When about half the milk has been used, give the batter a good beating, then add the rest of the milk, the sugar and currants. The pudding may be cooked at once, but it will be lighter if allowed to first stand 1 hour. Cover with a greased paper, steam for 1½ hours, and serve with melted butter.

TIME.—2 to 3 hours. AVERAGE COST, 3*d.* SUFFICIENT for 3 or 4 persons.

BLACK COCK, FILLETS OF, à la Financière.

INGREDIENTS.—2 black cocks, 3 slices of bacon, ½ pint of brown sauce, ¼ pint of stock, 1 glass of sherry, or Madeira, 12 button mushrooms, 1 medium-sized onion, 1 small carrot, ½ a turnip, salt and pepper.

METHOD.—Cut the birds into neat fillets, slice the vegetables, place them in a sauté-pan with the stock, add the slices of bacon, lay the fillets on the top of them, cover closely with a well-buttered paper, and cook gently for about 30 minutes. Make the brown sauce as directed, add to it the mushrooms (fresh ones must be previously fried in a little butter), and the wine, season to taste, and keep hot until required. When the fillets are done, arrange them on a hot dish, strain the sauce over, and garnish with the mushrooms, and, if liked, the bacon cut into dice and grouped round the base.

TIME.—From 30 to 35 minutes. AVERAGE COST, from 3*s.* 6*d.* to 4*s.* 6*d.* per brace. SEASONABLE from the middle of August to the end of November.

BLACK COCK, GRILLED.

INGREDIENTS.—1 black cock, a little warm butter, ½ a teaspoonful of lemon-juice, a few drops of anchovy essence, ½ pint of brown sauce, salt and pepper.

METHOD.—Split the bird down the back, cut off the legs at the first joint, and skewer into as flat a shape as possible. Brush over with warm butter, sprinkle with salt and pepper, and grill over or in front of a clear fire from 25 to 30 minutes. The bird should be turned frequently, and occasionally brushed over with butter during the process of cooking. Make the sauce as directed, add to it the lemon-juice and anchovy essence, season to taste, strain and serve in a sauce-boat. Fried potato chips or straws are frequently served with this dish.

TIME.—From 25 to 30 minutes. AVERAGE COST, 3*s.* 6*d.* to 4*s.* 6*d.* per brace. SEASONABLE from the middle of August to the end of November.

BLACK COCK, ROASTED.

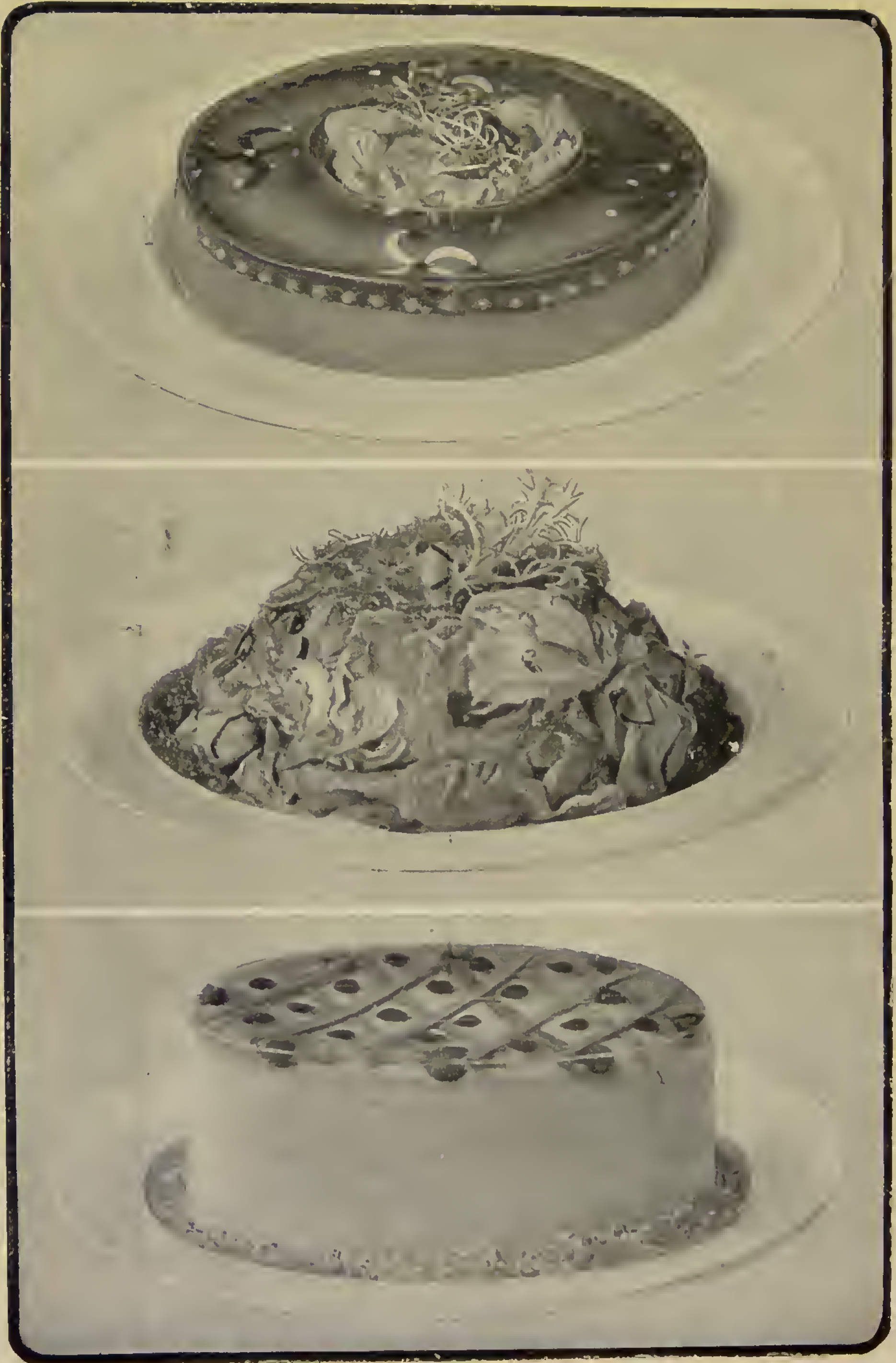
INGREDIENTS.—Black cock, butter, toast, gravy, bread sauce, fried breadcrumbs.

METHOD.—Let the birds hang for a few days, for they will be tough and tasteless if not well kept. Pluck and draw them, and wipe the insides and outsides with a damp cloth, as washing spoils the flavour. Cut off the heads, and truss as a roast fowl, cutting off the toes, and scalding and peeling the feet. Baste the bird well with hot butter, and roast in

BREAKFAST DISHES.

1. Grilled Kippers. 2. Grilled Bloaters. 3. Haddock with Poached Eggs.

ENTRÉES. No. 3.



1. Cold Border of Salmon. 2. Mayonnaise Fish. 3. Timbale of Turbot.

front of a clear fire, or in a moderate oven, from 45 to 60 minutes, according to size, basting frequently with butter during the process. Dish on a slice of buttered toast, and serve the gravy, bread sauce, and breadcrumbs separately.

TIME.—From 45 to 60 minutes. AVERAGE COST, 3*s.* 6*d.* to 4*s.* 6*d.* per brace. SEASONABLE from the middle of August to the end of November.

BLACK CURRANT JAM.

INGREDIENTS.—To each lb. of fruit allow ¾ of a lb. of sugar.

METHOD.—Put the fruit and sugar into a preserving-pan, let it stand by the side of the fire until some of the juice is drawn out of the fruit and the sugar is dissolved, then bring to boiling point, stirring occasionally meanwhile. Boil gently for about 40 minutes, test a little on a plate; if it stiffens pour at once into jars, and cover closely. This jam, if made of sound, dry fruit, and stored in a cool, dry place, will keep for a great length of time.

TIME.—About 1 hour. AVERAGE COST, 4*d.* to 5*d.* per lb.

BLACK CURRANT JELLY.

INGREDIENTS.—Black currants, preserving sugar.

METHOD.—Remove the stalks, put the currants into a jar placed in a saucepan of boiling water, and simmer until their juice is extracted. Strain the juice into a preserving-pan, to each pint add ¾ lb. of sugar, and boil gently until the jelly stiffens, when a little is tested on a cold plate. Pour into small pots, cover with paper brushed over with white of egg, fasten securely so as to exclude the air, and store in a cool, dry place.

TIME.—About 1¼ hours. AVERAGE COST, 1*s.* 3*d.* per lb.

BLACK CURRANT TARTLETS.

INGREDIENTS.—Short crust paste, 1 lb. of black currants, 2 tablespoonfuls of moist sugar, ¼ pint of cream, castor sugar.

METHOD. — Cook the black currants with the sugar and 2 tablespoonfuls of water, in a jar, on the stove or in a slow oven. Line 12 patty-pans with the paste, fill them with rice placed in buttered papers, and bake until crisp in a brisk oven. When cold, fill them with the prepared cold fruit and syrup, cover with stiffly-whipped sweetened cream, and serve cold.

TIME.—About 1 hour. AVERAGE COST, 10*d.*, exclusive of the paste. SUFFICIENT for 12 tartlets.

BLACK CURRANT TEA (For Invalids).

INGREDIENTS.—1 dessertspoonful of black-currant jam, 1 teaspoonful of lemon-juice, 1 teaspoonful of castor sugar, ½ pint of boiling water.

METHOD.—Put the jam, sugar, and lemon-juice into a jug, pour on the boiling water, and stir well. Cover with a plate or saucer, and let the jug stand by the side of the fire for 15 or 20 minutes. Strain and use hot as a remedy for a cold, or allow it to become cold, and use as a beverage to alleviate thirst or hoarseness.

TIME.—20 minutes. AVERAGE COST, 2*d.*

BLANCHING.

Some things are blanched to improve their colour, others to remove some strong, undesirable flavour. In all cases the process is the same, the article being immersed in a saucepan of cold water, which is brought to boiling point, and then strained off.

BLANCMANGE (*See* **Arrowroot Blancmange, Vanilla Blancmange, Cornflour Blancmange, etc.**).

BLOATER FRITTERS.

Ingredients.—2 bloaters, 1 oz. of grated cheese, frying batter, frying-fat, Krona pepper.

Method.—Split the bloaters, remove the heads, skin, bones, and divide each half into 3 or 4 pieces, according to size. Make the batter as directed, stir in the cheese, dip in the pieces of fish, coating them carefully, and fry in hot fat until nicely browned. Drain well, sprinkle with Krona pepper, and serve as hot as possible.

Time.—½ an hour. Average Cost, *7d.* Sufficient for 3 or 4 persons. Seasonable at any time.

BLOATER SANDWICHES.

Ingredients.—2 or 3 bloaters, butter, pepper and salt, white or brown bread, watercress-butter.

Method.—Grill or fry the bloaters, remove all the skin and bone, and chop them finely. If available, pound them in a mortar until smooth; otherwise beat well, and add butter until a soft smooth paste is formed. Pass through a wire sieve, season to taste, spread on thin slices of bread, and cover with bread coated thickly with watercress-butter. Trim away the crusts, and cut into circles, squares or triangles.

BLOATERS, BROILED.

Ingredients.—Bloaters.

Method.—Break off the head, split the back, remove the roe, and take out the backbone. Place the fish, inside down, on a gridiron, cook until they are nicely browned, then turn them over, and cook the back. Or, if preferred, place 2 bloaters, the insides together, on a gridiron, and broil over a clear fire. The roes should be cooked and served with the bloaters.

Time.—7 minutes. Average Cost, 1½*d.* each. Seasonable from September to February.

BLOATER TOAST.

Ingredients.—2 bloaters with soft roes, 1½ ozs. of butter, 1 egg, salt, cayenne, 8 squares of buttered toast.

Method.—Remove the roes, grill the herrings, free them from skin and bone, then chop them, and rub them through a fine sieve. Heat the butter in a small stewpan, add the fish, and when hot put in the egg, season to taste, and stir by the side of the fire until the mixture thickens. Meanwhile divide the roes into 8 pieces, and fry them in the remainder of the butter. Spread the fish preparation on the croûtes, lay the roe on the top, and serve as hot as possible.

Time.—1 hour. Average Cost, *9d.* Sufficient for 6 or 7 persons. Seasonable at any time.

BLUEFISH, BAKED (American Dish).

Ingredients.—1 bluefish, 1 cupful of cracker (biscuit) crumbs, 2 tablespoonfuls of butter, 1 tablespoonful of capers, 1 tablespoonful of lemon-juice, 1 teaspoonful of chopped parsley, 1 teaspoonful of salt, ¼ of a teaspoonful of pepper, about ½ a cupful of cold water.

Method.—Wash and dry the fish. Mix all the ingredients together, stuff the fish with the mixture, and secure the opening. Place the fish in a dish or baking-tin, which place in a large tin containing boiling water, and bake gently from 45 to 60 minutes, meanwhile basting the fish occasionally with butter or fat. Serve with a suitable sauce.

Time.—To bake, about 1 hour. Average Cost, 1*s*. 6*d*. Sufficient for 3 or 4 persons. Seasonable all the year.

BLUEFISH, TO COOK (Canadian Dish).

Broiling or grilling will be found peculiarly adapted to this delicious, but somewhat rich fish. It is also very good boiled or baked.

BOBOTEE (South African Dish).

Ingredients.—2 lbs. of meat finely chopped, 1 thick slice of bread, 2 medium-sized onions sliced, 2 eggs, 2 tablespoonfuls of curry-powder, 1 dessertspoonful of sugar, 1 tablespoonful of lemon-juice or 2 tablespoonfuls of vinegar, 1 oz. of butter or fat, ½ pint of milk, 8 almonds finely chopped, salt.

Method.—Soak the bread in the milk, drain away all that remains unabsorbed, and beat out the lumps with a fork. Fry the onion in the butter or fat, add the curry-powder, ½ a teaspoonful of salt, the sugar, almonds, lemon-juice, meat, bread, and 1 egg. Mix well and turn the whole into a buttered piedish or into little cups. Beat the remaining egg, add the milk strained off the bread (not less than a good ¼ pint), add a little salt and pepper, and pour over the mixture. Bake gently until the custard is set. When possible, juice obtained by soaking tamarinds in water should replace the lemon-juice.

Time.—15 minutes when using cooked meat, otherwise about 40 minutes. Average Cost, 2*s*. 6*d*. to 2*s*. 10*d*. Sufficient for 6 or 8 persons. Seasonable at any time.

BOLOGNA SAUSAGES (Imitation).

Ingredients.—2 lbs. of lean beef, 2 lbs. of lean pork, 1 lb. of finely-chopped suet, powdered thyme, mace, pepper, fat bacon cut into strips, ox-skins, brine.

Method.—Simmer the meat very gently until tender, then chop it finely, or pass it 2 or 3 times through a mincing machine. Pound it and the suet until smooth, and season highly with pepper, and more sparingly with mace and thyme. Press the mixture into the prepared ox-skins, and in filling them intersperse strips of bacon. Tie the skins in 8 or 9 inch lengths, let them remain in brine for 9 or 10 days (*see* various recipes for salting), then hang them in the smoke from a peat fire. They may be kept for a considerable time in a cool, dry place. Serve cut in thin slices.

Time.—To cure, 8 or 9 days. To smoke, at least 3 weeks. Average Cost, 10*d*. to 11*d*. per lb.

BONE SOUP.

Ingredients.—3 lbs. of bones, cooked or uncooked, 2 carrots, 2 onions, 1 turnip, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, 2 cloves, 2 tablespoonfuls of fine sago, crushed tapioca, semolina, or Florador, 2 ozs. of fat, salt, 5 pints of water.

Method.—Break the bones into small pieces, and fry them in the hot fat until well browned. Put in the water and a dessertspoonful of salt, bring to the boil and skim well. Add the prepared vegetables (cut into thick slices), herbs, peppercorns, and cloves, and cook gently for about 5 hours, skimming occasionally. Strain, return to the saucepan, season to taste, and when the soup boils sprinkle in the sago, or whatever farinaceous substance is used, simmer for 10 minutes longer to cook the sago, then serve.

TIME.—About 6 hours. COST, 9*d.* to 1*s.* SEASONABLE at any time. SUFFICIENT for 7 or 8 persons.

Note.—The stock for this soup could be made the day before the soup is wanted, and the sago sprinkled in when re-heated.

BONE STOCK.

Any kind of bones, cooked or uncooked, may be used to make bone stock. Put them in a small stewpan or small stock-pot, add enough water to well cover, and bring to the boil. Skim, add a peeled onion, a carrot and a bay-leaf, and simmer for 2 or 3 hours. Season, to taste, with salt. This stock may be used in place of water for making gravy, soups, and sauces.

BORDER OF FIGS, WITH CREAM.

INGREDIENTS.—½ lb. of dried figs, 1 oz. of castor sugar, ¼ oz. of leaf gelatine, ½ pint of water, ⅓ pint of cream, the thinly-cut rind of ½ a lemon.

METHOD.—Cut the figs into small pieces, put them into a jar with the water (sherry or claret may replace a little of the water if liked), sugar and lemon-rind, simmer gently on the stove or in the oven until tender, and rub through a fine sieve. Stir in 2 tablespoonfuls of cream, pour the preparation in a mould, previously wetted, or lined with jelly, if preferred. When set, turn out and serve, the stiffly-whipped sweetened cream piled in the centre.

TIME.—From 1¼ to 1½ hours. AVERAGE COST, 1*s.* 4*d.* to 1*s.* 6*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

BORDER OF FRUIT.

INGREDIENTS.—2 eggs, the weight of 2 eggs in flour, the weight of 2 eggs in sugar, 2 bananas, 1 orange, ¼ lb. of grapes, 1 oz. of preserved cherries, 2 ozs. of strawberries, ¼ pint of water, ½ lb. of loaf sugar, ½ gill of brandy and Maraschino (mixed), the juice of 1 lemon, a few pistachios, ½ pint of whipped cream.

METHOD.—Whisk the eggs and sugar to a frothy consistency, and sprinkle the flour in lightly. Bake in a quick oven in greased border moulds for about 10 minutes. When cooked, turn on a sieve to cool. Boil the sugar and water for about 20 minutes until a thick syrup is obtained, flavour this with lemon-juice and the liqueurs. Prepare the fruit and put it into the syrup. Soak the borders of cake with the syrup, pile up the fruit, and force whipped cream round the edge of the border and on the fruit daintily by means of a bag and rose pipe. Any fruit may be used, such as raspberries and red currants. The liqueurs also may be varied. Decorate the dish with blanched pistachios and a few preserved cherries.

TIME.—About 1½ hours. AVERAGE COST, 2*s.* 9*d.* to 3*s.* 6*d.* SUFFICIENT for 6 or 7 persons.

BORDER OF PRUNES, WITH CREAM.

INGREDIENTS.—1 lb. of prunes, ¼ lb. of loaf sugar, ½ oz. of leaf gelatine, 1 gill of cream, 1 gill of claret, the thinly-cut rind of ½ a lemon, 1 inch of cinnamon, lemon or wine jelly.

METHOD.—Stone the prunes,

place them in a jar with the claret, sugar, lemon-rind, cinnamon, and ¼ pint of water, stand the jar in a saucepan of boiling water or in a cool oven, cook until tender, and rub through a fine sieve. Dissolve the gelatine in a little water, and stir it into the purée. Have ready a border mould lined with wine jelly, pour in the preparation, let it remain until set, then turn out, and serve with the stiffly-whipped sweetened cream piled in the centre.

TIME.—From 1¼ to 1½ hours. AVERAGE COST, 1*s.* 9*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

BOSTON CUP PUDDING.

INGREDIENTS.—1 teacupful of flour, 1 teacupful of brown moist sugar, ½ a teacupful of milk, 1 teaspoonful of baking-powder, ½ a teaspoonful of grated lemon-rind, 1½ ozs. of butter, 1 egg, raspberry jam.

METHOD.—Cream the butter and sugar well together, beat the egg in, then add the lemon-rind and flour, stir in the milk, and lastly the baking-powder. Have ready a buttered Yorkshire pudding tin, pour in the preparation, and bake from 20 to 25 minutes in a moderately hot oven. When cold, split, spread a good layer of jam between, and serve.

TIME.—To bake, from 20 to 25 minutes. AVERAGE COST, 7*d.* SUFFICIENT for 1 dish.

BOUILLON (Beef Broth).

This is the same as Pot-au-feu, using the broth, which should be seasoned and served in cups, with a few thin sippets of bread, and a little finely-chopped parsley.

BOUQUET-GARNI.

This name is given to the small bunch of herbs so much used for flavouring sauces, soups, and stews. In its most simple form it consists of a sprig of thyme, marjoram, and a bay-leaf wrapped together in parsley, and tied into a little roll. To these may be added a small quantity of one or more of the following: chervil, chives, celery leaf, basil, tarragon.

BRAIN and TONGUE PUDDING.

INGREDIENTS.—4 sheeps' tongues, 4 sheeps' brains, 1 hard-boiled egg sliced, 1 shallot finely chopped, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of flour, salt and pepper, ¼ pint of milk, suet paste.

METHOD.—Let the tongues and brains soak in salt and water for 2 or 3 hours, then cover the former with hot stock or water, and simmer gently until the skin can be removed. Line a basin with some of the paste (*see* Beef Steak Pudding), slice the tongues, chop the brains coarsely, place them in the basin in alternate layers, sprinkling each layer with shallot, parsley, flour, salt, and pepper, and intersperse with slices of boiled egg. Add the milk, cover with suet crust, and boil for 3 hours, or steam for 3½ hours.

TIME.—From 3 to 3½ hours. AVERAGE COST, 2*s.* to 2*s.* 6*d.* SUFFICIENT for 6 persons. SEASONABLE at any time.

BRAIN CAKES.

INGREDIENTS.—Calf's brains, 1 small onion sliced, 1 bay-leaf, 6 peppercorns, 2 or 3 eggs, breadcrumbs, frying-fat, salt and pepper, vinegar.

METHOD.—Wash the brains in salt and water, remove the skin and fibres, and let them remain in salt and water until wanted. When the calf's head is cooking they may be tied in muslin and boiled with it for about 20 minutes. When cooked separately, they must be put into a stewpan with as much water as will cover them, 1 teaspoonful of salt, 1 tablespoonful of vinegar, the slices of onion, peppercorns, and bay-leaf, and cooked gently for the same length of time, or until firm. When cool, chop finely, season well with salt and pepper, and add as much beaten egg as is necessary to bind the ingredients together. Stir over the fire until the mixture thickens, and when cool form into small round cakes, coat them with egg and breadcrumbs, and fry until lightly browned in hot fat.

Time.—1 hour altogether. Average Cost, 5*d.* or 6*d.*, exclusive of the brains. Sufficient to garnish 1 dish, or, when served as a separate dish, for 3 or 4 persons.

BRAIN DUSTER (American drink).

Ingredients.—½ a wineglassful of vermouth, ½ a wineglassful of absinthe, ¼ of a teaspoonful of sugar, crushed ice, a little seltzer.

Method.—Put the vermouth, absinthe, and sugar into a glass, add a few small pieces of ice, and shake well. Strain into a small glass, add just a little seltzer water, and serve.

BRAIN FRITTERS.

Ingredients. — Calf's or pig's brains, 1 tablespoonful of salad-oil or liquid butter, 1 teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of finely-chopped shallot or onion, vinegar, frying-fat, frying-batter, fried parsley.

Method.—Wash the brains in salt and water, then put them into a saucepan, with cold water to cover, a dessertspoonful of vinegar, a little salt, and boil for 5 minutes. Let them remain in cold water until cold, then drain well, cut into neat pieces, and sprinkle over them the oil, parsley, shallot, a teaspoonful of vinegar, and a little salt and pepper. Keep them in this marinade for ½ an hour, turning them 2 or 3 times. Have the batter ready, coat each piece carefully, and fry in hot fat until nicely browned. Drain well, and serve in a folded serviette, garnished with fried parsley. If preferred, tomato or piquante sauce may accompany this dish.

Time.—To fry the fritters, from 7 to 10 minutes. Average Cost, 9*d.* Sufficient for 3 or 4 persons. Seasonable at any time.

Note.—See for other methods of cooking brains.

BRAIN SAUCE FOR SHEEP'S HEAD.

Ingredients.—2 sheeps' brains, ¾ pint of liquor in which the heads were cooked, 1½ ozs. of butter, 1½ ozs. of flour, 1 small onion chopped, 1 teaspoonful of vinegar, salt and pepper.

Method.—Wash and soak the brains in salt and water. Tie them in muslin, and cook them until firm in the pot containing the sheeps' heads. Melt the butter in a stewpan, add the flour, cook it slowly until lightly browned, then put in the onion, and continue to cook slowly until the whole acquires a nut-brown colour. Add the pot-liquor, vinegar, salt, and pepper to taste, simmer gently for 10 minutes, then stir in the brains previously coarsely chopped, and serve poured over the prepared heads, or separately.

Time.—Altogether, 1 hour. Average Cost, 2*d.*, in addition to the brains.

BRANDY AND EGG MIXTURE (For Invalids).

Ingredients.—2 ozs. of best brandy, 2 ozs. of cinnamon water, the yolk of 1 egg, ¼ oz. of loaf sugar.

Method.—Beat the yolk of egg and sugar together, and add the cinnamon water and brandy. From ½ a teaspoonful to 1 teaspoonful may be given to infants, and proportionately increased quantities to children, every hour, in extreme weakness. It is one of the most powerful and palatable restoratives known, and often proves of incalculable value.

BRANDY JELLY.

Ingredients.—1 small wineglassful of brandy, 4 ozs. of sugar, 1 oz. of leaf gelatine, the thin rind and strained juice of 1 small lemon, the stiffly-whipped whites and crushed shells of 2 eggs, 1 bay-leaf, 2 cloves, 1 blade of mace, 1 pint of cold water.

Method.—Put all the ingredients, except the brandy, into a stewpan, whisk gently until on the point of boiling, then draw the pan aside, and let the contents simmer gently for 5 minutes. Strain through a jelly bag until clear, add the brandy, and pour into a prepared mould.

Time.—About ½ an hour. Average Cost, 1*s.* 2*d.* Sufficient for a pint mould.

BRANDY MINT JULEP.

Ingredients.—1 wineglassful of brandy, 1 lump of sugar, 1 or 2 small sprigs of fresh mint, 1 thin slice of orange, 1 thin slice of pineapple, crushed ice.

Method.—Put the lump of sugar into a glass and dissolve it in a few drops of cold water. Add the brandy, mint, and a little crushed ice. On the top place a small piece of orange and a small piece of pineapple, and serve.

Note—Gin or Whisky Mint Julep may be made by substituting these spirits for the brandy.

BRANDY PUDDING.

Ingredients.—1 wineglassful of brandy, ½ pint of cream, ½ pint of milk, 4 eggs, a stale French roll, 2 ozs. of macaroons or ratafias, 4 ozs. of sugar, ½ a teaspoonful of grated lemon-rind, grated nutmeg, glacé cherries.

Method.—Decorate a well-buttered mould with halved cherries and afterwards line it with thin slices of roll. About ½ fill the mould with alternate layers of macaroons and sliced roll, adding a few cherries, the brandy, and a little sugar. Mix the eggs, cream, and milk, add the sugar, lemon-rind, and a little nutmeg, and pour the whole into the mould. Let it stand for 1 hour, then steam it gently for 1½ hours, and serve with a suitable sauce.

Time.—1½ hours. Average Cost, 2*s.* 3*d.* to 2*s.* 6*d.* Sufficient for 6 or 7 persons.

BRANDY SAUCE.

Ingredients.—½ pint of water, ½ a wineglassful of brandy, 4 ozs. of loaf sugar, ½ oz. of cornflour, nutmeg, if liked.

Method.—Mix the cornflour smoothly with a little of the water, and put the rest into a copper saucepan with the sugar. Boil and reduce to a thin syrup, skimming occasionally, add the cornflour to the syrup, stir until it boils, then add the brandy, and serve.

Time.—About ½ an hour. Average Cost, from 3½*d.* to 4*d.*

BRANDY SAUCE (Another Method).

INGREDIENTS.—¼ pint of milk, 1 teaspoonful of arrowroot or cornflour, 1 teaspoonful of castor sugar, the yolk of 1 egg, a wineglassful of brandy.

METHOD.—Mix the arrowroot and milk smoothly together, pour into a small saucepan, and stir until it boils, add the sugar, and draw aside to cool slightly. Mix the brandy and egg together, pour the mixture into the sauce, stir until it thickens, and serve.

TIME—About 15 minutes. AVERAGE COST, 5*d.* to 6*d.* for this quantity.

BRAWN, TO MAKE.

INGREDIENTS.—To a pig's head weighing 6 lbs. allow 1½ lbs. of lean beef, 2 tablespoonfuls of salt, 2 teaspoonfuls of pepper, a little cayenne, 6 pounded cloves.

METHOD.—Cut off the cheeks and salt them, unless the head be small, when all may be used. After carefully cleaning the head, put it on in sufficient cold water to cover it, with the beef, and skim it just before it boils. A head weighing 6 lbs. will require boiling from 2 to 3 hours. When sufficiently boiled to come off the bones easily, put it into a hot pan, remove the bones, and chop the meat with a sharp knife before the fire, together with the beef. It is necessary to do this as quickly as possible to prevent the fat settling in it. Sprinkle in the seasoning, which should have been previously mixed. Stir it well, and put it quickly into a brawn-tin, a cake-tin, or mould will answer the purpose, if the meat is well pressed with weights, which must not be removed for several hours. When quite cold, dip the tin into boiling water for a minute or two, and the preparation will turn out and be fit for use.

The liquor in which the head was boiled will make a good pea soup, and the fat, if skimmed off and boiled in water, and afterwards poured into cold water, answers the purposes of lard.

TIME.—From 2 to 3 hours. AVERAGE COST, for a pig's head, 5*d.* per lb.

BREAD AND BUTTER FRITTERS.

INGREDIENTS.—8 slices of thin bread and butter, jam, frying-fat, frying-batter, castor sugar.

METHOD.—Make the batter according to directions given in recipe Frying-batter. Spread half the slices of bread and butter with jam, cover with the remainder, and cut into 4 squares. Dip them into the prepared batter, drop them into hot fat, and fry slowly until crisp and lightly browned. Drain well, dredge with castor sugar, and serve as hot as possible.

TIME.—To fry, about 15 minutes. AVERAGE COST, 6*d.* SUFFICIENT for 6 or 7 persons.

BREAD AND BUTTER PUDDING, STEAMED.

INGREDIENTS.—5 or 6 slices of bread and butter, ¾ pint of milk, 1 dessertspoonful of sugar, 2 eggs, sultanas, raisins, currants, or candied peel, if liked.

METHOD.—Butter a pudding basin, sprinkle it with currants or chopped peel, or arrange raisins or sultanas in some simple design on the bottom and sides of the basin. Cut each slice of bread into 4 pieces, place them in layers, each layer being sprinkled with fruit and a little finely-chopped candied peel. Beat the eggs, add the milk and the sugar, stir until the sugar is dissolved, then pour slowly over the bread, etc., let it stand at least 1 hour, if convenient, for 2 hours, before being cooked. Cover the top with a greased paper, and steam slowly for about 1 hour. Serve with a sweet sauce or fruit syrup.

TIME.—To make, about 20 minutes; altogether from 2¼ to 3 hours. AVERAGE COST, 5½*d.* without the bread. SUFFICIENT for 4 or 5 persons.

BREAD AND BUTTER PUDDINGS, BAKED.

INGREDIENTS.—5 or 6 thin slices of bread and butter, 1 pint of milk, 2 eggs, 1 dessertspoonful of sugar, sultanas, currants, or candied lemon, if liked.

METHOD.—Cut off the crust and divide each slice of bread into 4 squares, arrange them in layers in a well buttered piedish, and sprinkle each layer with sultanas or whatever is being used. Beat the eggs, add the sugar, stir until dissolved, then mix in the milk and pour gently over the bread, which should only half fill the dish. Let it stand at least 1 hour for the bread to soak, then bake in a moderately cool oven for nearly 1 hour.

TIME.—2¼ hours. AVERAGE COST, 6*d.* to 8*d.* SUFFICIENT for 4 or 5 persons.

BREAD CUTLETS (Vegetarian Dish).

INGREDIENTS.—Slices of bread, milk, nutmeg, pepper, chopped parsley, herbs and lemon-rind, egg and breadcrumbs, oil for frying.

METHOD.—Cut slices of bread of a suitable shape and about ¾ of an inch thick. Soak them in a little milk on a plate, but not sufficiently long to cause them to break. Mix the parsley, herbs, lemon-rind, spice and breadcrumbs. Break the egg on a plate, dip each slice into it, and then in the crumbs, and fry at once in a frying-pan. Drain on paper and serve hot.

BREAD FRITTERS.

INGREDIENTS.—2 French dinner rolls, 2 yolks of eggs, ½ pint of milk, ½ small glass of Maraschino, ground cinnamon, clarified butter.

METHOD.—Rasp the crusts, cut the rolls into ¼-inch slices, and place them in a deep dish. Beat the yolks of eggs well, add the milk and Maraschino, sweeten to taste, and pour over the bread. Let it soak for about 15 minutes, then drain well, and fry golden brown in the clarified butter. Drain, sprinkle with castor sugar and cinnamon, then serve.

TIME.—About 40 minutes. AVERAGE COST, 10*d.* SUFFICIENT for 4 or 5 persons.

BREAD PUDDING, BAKED.

INGREDIENTS.—8 ozs. of stale bread, 4 ozs. of raisins or currants, cleaned and picked, 2 ozs. of finely-chopped suet, 2 ozs. of sugar, 1 egg, a little milk, a good pinch of nutmeg.

METHOD.—Break the bread into small pieces, cover them with cold water, soak for ½ an hour, then strain and squeeze dry. Beat out all the lumps with a fork and stir in the sugar, suet, raisins, nutmeg, and mix well. Add the egg, previously beaten, and as much milk as is necessary to make the mixture moist enough to drop readily from the spoon. Pour into a greased piedish and bake gently for about 1 hour. When done, turn out on to a hot dish, and dredge well with sugar.

TIME.—1¾ to 2 hours. AVERAGE COST, 4*d.* to 5*d.* SUFFICIENT for 5 or 6 persons.

BREAD PUDDING, BOILED.

INGREDIENTS.—1 lb. of stale bread, 6 ozs. of raisins or currants, cleaned and picked, 3 ozs. of finely-chopped suet, 3 ozs. of sugar, 2 ozs. of peel, 1 egg, ¼ pint of milk, a good pinch of nutmeg.

METHOD.—Break the bread into small pieces, cover with cold water, soak for ½ an hour, then strain and squeeze dry. Beat out all the lumps with a fork, add the raisins, suet, sugar, peel, and nutmeg, and mix well. Beat the egg, add to it the milk, and stir into the rest of the ingredients. Put into a greased basin, and steam or boil for 2 hours. Serve with a sweet sauce, if liked.

TIME.—About 3 hours. AVERAGE COST, 8*d.* SUFFICIENT for 5 or 6 persons.

BREAD SAUCE.

INGREDIENTS.—½ pint of milk, 1 tablespoonful of cream, 2 ozs. of freshly made breadcrumbs, ¼ oz. of butter, 1 very small peeled onion, 1 clove, salt and pepper.

METHOD.—Put the milk and onion, with the clove stuck in it, into a small saucepan and bring to the boil. Add the breadcrumbs, and simmer gently for 20 minutes, then remove the onion, add salt and pepper to taste, stir in the butter and cream, and serve.

TIME.—20 to 25 minutes. AVERAGE COST, about 3*d.* QUANTITY, ½ pint.

Note.—The cream may be omitted, and, if preferred, a little more butter added. Flavouring is simply a matter of taste (when cloves are not liked, mace or nutmeg may be substituted).

BREAD SOUP.

INGREDIENTS.—2 quarts of stock, broth, or pot-liquor, 1 lb. of breadcrusts, salt and pepper.

METHOD.—Break the bread into small pieces, and place them in a basin. Boil up the stock, pour sufficient over the bread to cover it, let it remain closely covered until the bread is quite soft, then beat out the lumps with a fork. Add the bread thus prepared to the remainder of the stock, boil up, simmer gently for 10 or 15 minutes, then season to taste, and serve.

TIME.—About 1 hour. AVERAGE COST, 1*s.* 2*d.* when made of second stock. SUFFICIENT for 6 or 8 persons. SEASONABLE at any time.

BREADCRUMBS.

(Brown).—Put the crusts removed from the loaf in making white breadcrumbs, or any pieces of stale bread there may be, into a moderate oven, and bake them brown. Then crush them with a rolling-pin or pound them in a mortar, pass them through a fine wire sieve, and keep them in an air-tight tin. To make them more quickly, brown white breadcrumbs in a hot oven, turning them frequently during the process, pass them through a fine sieve and use.

BREADCRUMBS.

(Fried).—Put some fresh, fine white breadcrumbs into a frying-pan or baking-tin, with a small piece of butter; season with salt and pepper, and either fry or bake until well browned. Drain well on paper, and serve hot with roast game.

BREADCRUMBS.

(White).—Remove the crust from some stale bread and rub it through a fine wire sieve, using the palm of the hand for the purpose. Any crumbs left over from egging and bread-crumbing should be dried in the oven, passed through a sieve, and kept in an air-tight tin or jar for future use.

BREAKFAST CAKES.

Ingredients.—1 lb. of flour, ½ a teaspoonful of baking-powder, ½ a teaspoonful of salt, ¾ pint of milk, 1 oz. of castor sugar, 2 eggs.

Method.—These cakes are made in the same manner as the bread, with the addition of eggs and sugar. Mix the flour, baking-powder, and salt well together, and stir in the sifted sugar. Add the milk and eggs, which should be well whisked, and with this liquid work the flour, etc., into a light dough. Divide it into small cakes, put them into the oven immediately, and bake for about 20 minutes.

Time.—20 minutes to bake. Average Cost, 6*d.* Sufficient for 18 or 20 cakes.

BREAKFAST ROLLS.

Ingredients.—1 lb. of flour, 1 oz. of butter or lard, ½ oz. of yeast, 1 pint of water, a little salt.

Method.—The process for making rolls is exactly the same as directed for bread, but the quantity being smaller, it requires more yeast, and wants nursing and keeping warm. When the dough is ready, turn it out on the board and knead it well over; then let it lie for a few minutes to recover itself, divide into small pieces, mould them up round, and set them on a clean flat tin that will fit the oven. Cover them over with a damp clean cloth, let them stand in a warm place to prove; when nice and light, uncover, brush over with an egg beaten up in a cup, taking care not to knock out any of the proof, and then bake in a moderately heated oven for about 25 minutes. If preferred, milk can be used instead of water. Almost all fermented dough will make a very satisfactory roll, but of course the dough is not always available. There is nothing, however, to prevent these rolls being made for breakfast, or hot tea bread upon baking days. It is quite optional whether fat is used in them or not; the principal advantage of the fat is that the rolls will be of a more even texture, and the crust will eat short and crisp instead of being tough.

Time.—2 hours. Average Cost, 4*d.* Sufficient for 12 rolls.

BREAM, BAKED.

Ingredients.—Bream, fish forcemeat, fat for basting, anchovy or other fish sauce.

Method.—Empty, wash, and dry the fish, but do not scale it. Make the forcemeat as directed, stuff the inside of the fish, and sew up the opening neatly. Bake in a moderate oven from 40 to 50 minutes, basting occasionally with sweet dripping. Serve with anchovy or other fish sauce. If preferred, the forcemeat may be omitted, and the fish wrapped in buttered paper and baked slowly for about ½ an hour.

Time.—From 40 to 50 minutes. Average Cost, from 8*d.* to 1*s.* per lb. Allow 6 to 8 ozs. per head. Seasonable all the year.

BREAM, BROILED.

Ingredients.—Bream, anchovy or other fish sauce.

Method. — Empty, wash, and thoroughly dry the fish, but do not scale it. Broil over a clear fire until thoroughly cooked and nicely browned, then serve with anchovy, or other fish sauce.

Time.—To broil, about ½ an hour. Average Cost, 8*d.* to 1*s.* per lb. Allow 6 to 8 ozs. per head. Seasonable all the year.

BREDEE (South African Dish).

Ingredients.—2 lbs. of neck of mutton, 2 lbs. of tomatoes sliced, 2 medium-sized onions cut into dice, a small piece of red chili finely-shredded, sugar, salt and pepper to taste, 1½ ozs. of butter or fat.

Method.—Cut the meat into small pieces, discarding any superfluous fat. Heat the butter or fat, fry the onions until lightly browned, put in the meat, fry quickly for a few minutes, turning repeatedly. Add the tomatoes, chili, salt and pepper to taste, barely cover with water, cover closely, and cook gently for 2 hours. Before serving add a little sugar.

Time.—About 2½ hours. Average Cost, 2*s*. 6*d*. to 2*s*. 9*d*. Sufficient for 4 or 5 persons. Seasonable at any time.

BRIANE MAHEE (Indian Dish).

Ingredients.—2 lbs. of white fish, 1 lb. of rice, ¼ lb. of ghee, or butter, 2 ozs. of roasted chennah, or other ground meal, 2 ozs. of green ginger, 2 ozs. of coriander seeds, 1 oz. of anise, ⅛ of a teaspoonful each of ground cloves, cardamoms, cinnamon, cumin seeds, and saffron, 2 or 3 tablespoonfuls of gingly oil, 2 onions sliced, ¾ pint of buttermilk, salt.

Method.—Wash and clean the fish, cut it into pieces convenient for serving, dry thoroughly, pour over it the gingly oil, and let it stand for ½ an hour. Wash off the oil, dry the fish well, rub it all over with the chennah and anise pounded or ground, allow it to stand for a few minutes, then wash it again. Now pour over it the buttermilk, add the cardamoms and cloves, a teaspoonful of salt, the juice of the green ginger, and let it soak for 1 hour. Fry the onions in a little hot ghee, add the ginger, coriander, cinnamon, cumin, and saffron, put in the fish, and cover with the rice, previously parboiled. Add a little of the buttermilk, pour over the whole the melted ghee, cover closely, and cook as slowly as possible for about 1 hour, serve hot.

Time. — 1½ hours. Sufficient for 6 or 7 persons. Cost, 1*s*. 9*d*. to 2*s*. 3*d*.

BRIANE NOORMALEE (Indian Dish).

Ingredients.—2 lbs. of lean mutton, 2 lbs. of rice, ¼ lb. of ghee or other fat, ¼ lb. of green chumah dhall, 2 onions sliced, ½ oz. of green ginger, ⅛ of a teaspoonful each of coriander seeds, cinnamon, cloves, cardamoms, cumin seeds, and saffron, ¼ pint of good gravy, salt.

Method. — Slice the meat, sprinkle it liberally with salt and pounded ginger, let it remain for about ½ an hour, then pour over it the gravy. Allow the meat to soak for 1 hour, turning it 2 or 3 times, and adding a little more gravy if necessary, then drain it well and dip each slice in flour seasoned with salt. Heat a little ghee in a stewpan, fry the onions until well browned, then add the meat, and fry it also. As soon as the meat is lightly browned, sprinkle in the coriander seeds, previously ground, pour in the gravy in which the meat was soaked, and cook gently until it has become evaporated or absorbed. Meanwhile, parboil the rice in water, then drain it well, and stir in the saffron. As soon as the meat is sufficiently dry, add the coriander, cinnamon, cloves, cardamoms, and cumin seeds, all previously pounded or ground, mix well together, place the rice on the top, over which spread the green chumah dhall, and pour upon it the remaining ghee previously melted. Cover closely, and cook as slowly as possible for about 40 minutes, then serve.

Time.—2 hours. Sufficient for 6 persons. Cost, 2*s.* 3*d.*

BRILL.

Ingredients.—1 brill, salt and vinegar to taste.

Method.—Clean the brill, cut off the fins, and rub it over with a little lemon-juice to preserve its whiteness. Barely cover the fish with warm water, add salt and vinegar, and simmer gently until done (about 10 or 15 minutes for a small fish). Garnish with cut lemon and parsley, and serve with one of the following sauces: lobster sauce, shrimp sauce, Hollandaise sauce, or melted butter.

Time.—From 10 to 20 minutes, according to size. Average Cost, from 8*d.* to 10*d.* per lb. Seasonable at any time, but best from August to April.

BROAD BEAN SOUP.

Ingredients.—3 pints of second stock or water, 1 pint of beans shelled, 2 ozs. of lean bacon or ham (this may be omitted when using stock), 1 dessertspoonful of chopped onion, 1 teaspoonful of finely-chopped parsley, a dessertspoonful of flour, 1 oz. of butter, salt, pepper, sugar.

Method.—Boil the beans in salted water for 10 or 15 minutes, then drain and remove the skins. Melt the butter in the stewpan, add the bacon in small pieces, the onion, and parsley, and fry for about 5 minutes; then put in the stock, and when boiling add the beans. Simmer gently until the beans are tender (20 to 30 minutes unless very old), then rub through a fine sieve. Return to the stewpan, and when boiling add the flour, previously blended with a little stock or water, and stir until it is mixed smoothly with the stock. Season to taste, add a good pinch of sugar, and serve. Croûtons, or small slices of fried or toasted bread, should be handed separately.

Time.—From 40 to 60 minutes. Cost, about 6*d.* Seasonable from June to August. Sufficient for 6 persons.

BROAD BEANS, WITH PARSLEY SAUCE.

Ingredients.—2 pints of broad beans, $\frac{1}{2}$ pint of stock, a small bunch of savoury herbs, including parsley, a small lump of sugar, the yolk of 1 egg, $\frac{1}{4}$ pint of cream, pepper and salt to taste.

Method.—Procure some young and freshly gathered beans, and shell sufficient to make 2 pints; boil them as in the recipe for Broad or Windsor Beans, until nearly done; then drain them and put them into a stewpan with the stock, finely-minced herbs, and sugar. Stew the beans until they are perfectly tender and the liquor has reduced a little, then beat up the yolk of an egg with the cream, and add this to the beans. Let the whole get thoroughly hot, and, when on the point of simmering, serve. Should the beans be very large, the skins should be removed previously to boiling them; they are, however, more quickly removed after they are boiled.

Time.—10 minutes to boil the beans, 15 minutes to stew them in the stock. Average Cost, unshelled, 6*d.* to 10*d.* per peck. Sufficient for 5 or 6 persons. Seasonable in July and August.

BROAD BEANS, WITH SPANISH SAUCE.

Ingredients.—$1\frac{1}{2}$ pints of shelled beans, $\frac{3}{4}$ pint of good brown stock,

½ a glass of sherry, 1 oz. of butter, 1 oz. of flour, 1 small onion finely chopped, 1 teaspoonful of finely-chopped parsley, 6 or 8 button mushrooms, 1 bay-leaf, 2 or 3 sprigs of thyme, salt and pepper, lemon-juice.

METHOD.—Shell the beans, put them into boiling water, boil rapidly for 6 or 7 minutes, then drain and remove the skins. Have the stock ready boiling in a stewpan, add to it the beans, onion, thyme, and bay-leaf, season with salt and pepper, and simmer gently from 20 to 30 minutes, according to the age of the beans. Meanwhile, fry the mushrooms for a few minutes in the hot butter without browning, then transfer them to the stewpan containing the beans. Add the flour to the butter, cook over the fire until it acquires a nut-brown colour, then strain in the stock from the other stewpan, and stir until a perfectly smooth sauce is obtained. Season to taste, add the parsley, sherry, and lemon-juice, the beans and mushrooms, and when thoroughly hot, serve. If liked, the dish may be garnished with tiny rolls of crisply-fried bacon, croûtes of fried bread, or potato croûtes. The sherry and mushrooms may be omitted, and the dish would then be Broad Beans with Brown Sauce. Vegetarians could substitute vegetable stock or milk for the meat stock.

TIME.—From 35 to 40 minutes. AVERAGE COST, 1*s.* to 1*s.* 3*d.* SUFFICIENT for 6 or 7 persons. SEASONABLE in July and August.

BROAD OR WINDSOR BEANS.

INGREDIENTS.—1 peck broad or Windsor beans, salted water, parsley sauce.

METHOD.—This favourite vegetable to be nice should be young and freshly gathered. After shelling the beans, put them into boiling water, salted to taste, and boil rapidly until tender. Drain them well in a colander; dish, and serve separately a boat of parsley sauce. Boiled bacon often accompanies this vegetable, but should be cooked separately. This dish is usually served with the beans laid round the bacon, and the parsley butter sauce in a tureen. Beans also make an excellent garnish to a ham: when used for this purpose they should have their skins removed.

TIME.—Very young beans, 15 minutes; when of a moderate size, 20 to 25 minutes, or longer. AVERAGE COST, unshelled, 6*d.* to 10*d.* per peck. Allow 1 peck for 6 or 7 persons. SEASONABLE in July and August.

BROCCOLI, BOILED.

INGREDIENTS.—Broccoli. To each ½ gallon of water allow 1 heaped tablespoonful of salt.

METHOD.—Strip off the dead leaves, and cut off the inside ones level with the flower, cut off the stalk close to the bottom, and put the broccoli into cold salt and water, or vinegar and water, with the heads downwards. Let them remain for about ¾ of an hour, then put them into a saucepan of boiling water, salted in the above proportion, and keep them boiling gently with the stalk upwards and the saucepan uncovered. Take them up with a slice the moment they are done: drain them well, and serve with a tureen of melted butter, a little of which should be poured over the broccoli. If left in the water after it is done, the broccoli will break, its colour will be spoiled, and its crispness lost. If boiled too fast they break.

TIME.—Small broccoli, 10 to 15 minutes; large broccoli, 20 to 30 minutes. AVERAGE COST, 2*d.* to

3*d*. each. SEASONABLE from October to March.

Note.—It is a good plan to place a small piece of toast or crust of bread in the saucepan in which any vegetable of the cabbage tribe is boiled, as this absorbs the unpleasant odour generated during the cooking.

BROOD KHUTJES OR BREAD DUMPLINGS (old Dutch Recipe).

INGREDIENTS.—3 thick slices of white bread, 1 pint of broth (about), 1 tablespoonful of butter, 1 teaspoonful of finely-chopped parsley, ¼ nutmeg grated, salt and pepper to taste, flour.

METHOD.—Soak the bread in the broth, squeeze it dry, and beat out the lumps with a fork. Heat the butter, put in the bread, mix well over the fire and season to taste. When cool, stir in the eggs, add the parsley and nutmeg, mix well and form into small balls. Roll lightly in flour, boil them in stock or broth for 2 minutes, and serve at once.

TIME.—To cook, about 2 minutes. AVERAGE COST, 5*d*. to 6*d*. SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

BROWN BREAD AND CHESTNUT PUDDING.

INGREDIENTS.—½ lb. of chestnuts, ½ lb. of brown bread (crumbled and weighed afterwards), ¼ lb. of sultanas, ¼ lb. of brown sugar, 2 ozs. of butter, 1 tablespoonful of blanched and coarsely-chopped almonds, ½ pint of milk, 2 eggs.

METHOD.—Clean and pick the sultanas, rub the brown bread through a wire sieve. Bake or roast the chestnuts for about 20 minutes, remove both skins, put them into a saucepan with the milk, simmer until tender, then beat well, and add the butter and sugar. Mix the crumbled brown bread, sultanas, and almonds together, add the chestnut purée, the eggs, previously beaten, and mix well. Pour into a buttered mould or basin, and steam for 2½ to 3 hours.

TIME.—About 4 hours. AVERAGE COST, 10*d*. to 1*s*. SUFFICIENT for 6 or 8 persons.

BROWN BREAD CREAM.

INGREDIENTS.—1 pint of cream, ½ pint of milk, 3 tablespoonfuls of crumbled brown bread, 1 oz. of loaf sugar, ½ oz. of gelatine, 2 whites of eggs, 1 yolk of egg, 1 vanilla pod, ¼ of a teaspoonful of ground cinnamon.

METHOD.—Simmer the milk and vanilla pod together until pleasantly flavoured, add the sugar, and when dissolved strain on to the beaten eggs, stirring meanwhile. Return to the stewpan, add the gelatine, previously soaked in a little water, then put in the cream and stir until the mixture thickens. Have the sieved brown bread and cinnamon ready in a basin, add the milk preparation, stir frequently until cool, then pour into the prepared mould.

TIME.—From 40 to 45 minutes. AVERAGE COST, 2*s*. 3*d*. to 2*s*. 6*d*. SUFFICIENT for 1 large or 2 small moulds.

BROWN BREAD CREAM ICE.

INGREDIENTS.—1 pint of custard (*see* Custard for Cream Ices), 3 ozs. of crumbled brown bread, ½ gill of cream, 1 tablespoonful of brandy.

METHOD.—Pass the brown bread through a sieve, and bake in a cool oven until crisp and well browned. Partially freeze the custard, add the brown crumbs, cream, and brandy, complete the freezing, and mould as required.

TIME.—2 hours. AVERAGE COST, 1*s*. 6*d*. SUFFICIENT for 5 or 6 persons.

BROWN BREAD PUDDING.

INGREDIENTS.—6 ozs. of crumbled brown bread, 4 ozs. of finely-chopped suet, 2 ozs. of sugar, 2 ozs. each of raisins and sultanas, cleaned and picked, 2 eggs, a little milk, a good pinch each of nutmeg, cinnamon, and salt.

METHOD.—Mix all the dry ingredients together. Beat the eggs thoroughly, stir them into the mixture, add milk until all the ingredients are moistened, then cover and let stand for ½ an hour or longer, to allow the bread to soak. Have ready a well-greased mould or basin ; beat the mixture, add a little more milk if necessary, pour into the mould, and steam or boil for 3½ hours.

TIME.—About 4 hours. AVERAGE COST, 8*d.* to 9*d.* SUFFICIENT for 5 or 6 persons.

BROWN CAPER SAUCE (For Steak, Kidneys, or Fish).

INGREDIENTS.—½ pint of Espagnole sauce, or brown sauce, 1 teaspoonful of vinegar, 1 teaspoonful of essence of anchovy, 1 tablespoonful of capers, cut in two, 1 small onion very finely chopped, cayenne, the juice of half a lemon.

METHOD.—Put the sauce, vinegar, essence of anchovy, and onion into a saucepan, boil, simmer for 10 minutes, and strain. Return to the saucepan, and when quite hot add the cayenne, lemon-juice, and capers and serve.

TIME.—About 20 minutes. AVERAGE COST, 11*d.*

BROWN GRAVY.

INGREDIENTS.—1 quart of water, 1 lb. of neck or shin of beef, 1 oz. of butter, 1 oz. of sweet dripping, ½ oz. of flour, 1 medium-sized onion, 1 small slice of lean bacon, or a few trimmings of lean ham or bacon, salt and pepper, 1 clove, if liked.

METHOD.—Cut the meat and bacon into small pieces, slice the onion, melt the dripping in a stewpan, put in the meat, bacon, and onion, and fry till brown. Add the water, salt and pepper, and clove, cook slowly for 3 or 4 hours, and strain. Melt the butter in a stewpan, stir in the flour, and cook for 5 minutes. Add the gravy, stir until it boils, skim, simmer for 10 minutes, and use as required.

TIME.—3½ to 4½ hours. AVERAGE COST, about 10*d.* QUANTITY, 1 pint.

BROWN GRAVY (For Vegetarian Dish).

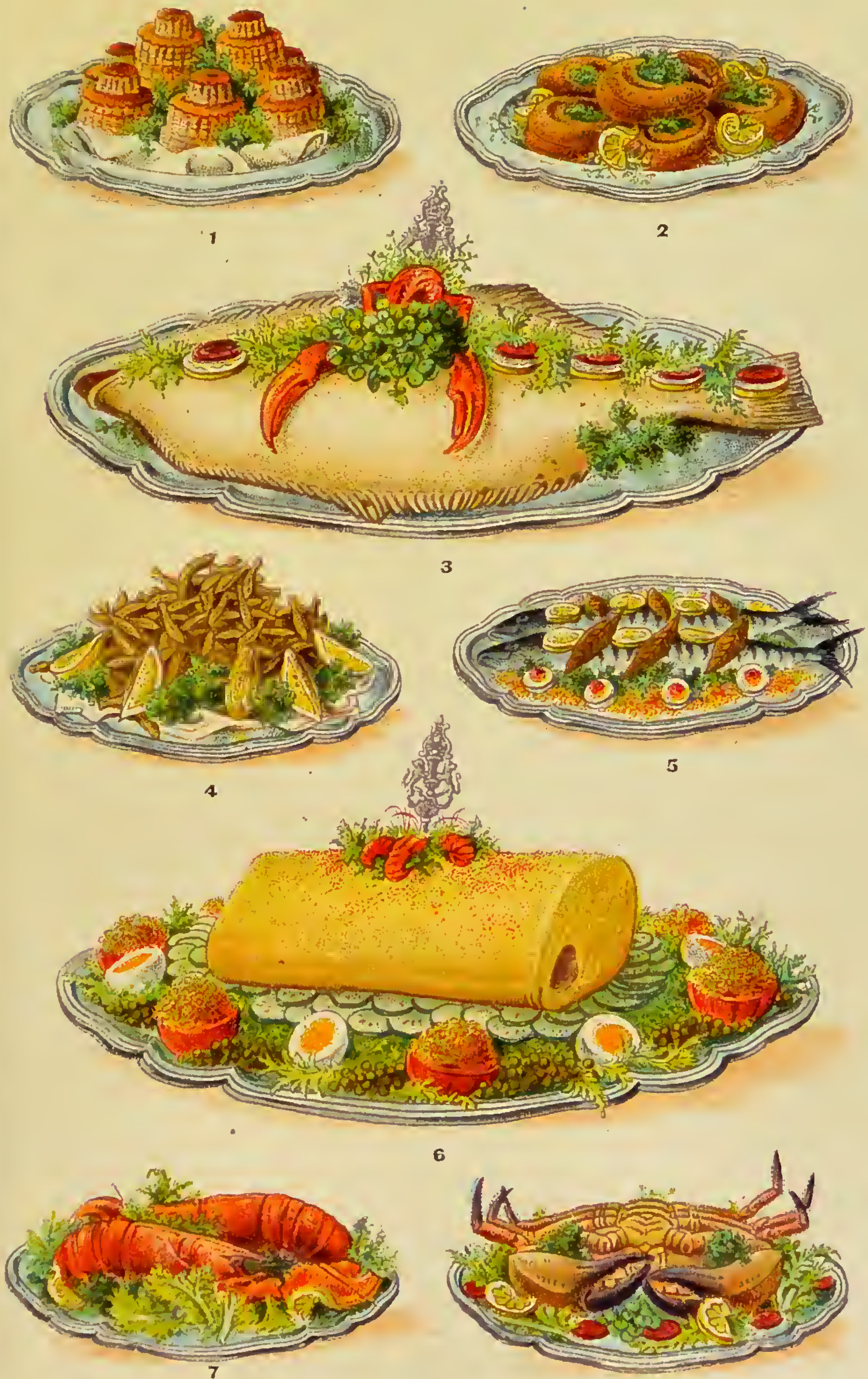
INGREDIENTS.—2 onions, 1 tablespoonful of flour, ¾ pint of hot water, seasoning, 1 oz. of butter or a tablespoonful of oil.

METHOD.—Chop the onions, fry them brown in the butter, add the flour, which must also brown. Pour in the water, and stir until the mixture thickens, then season it to taste. Any kind of vegetable stock is preferable to water.

BROWN GRAVY (Another Method). (For Vegetarian Dish.)

INGREDIENTS.—1 onion, ½ a carrot, ½ a turnip, parsley, herbs, and bay-leaf, 1 oz. of butter, 1 pint of water, 1 dessertspoonful of vinegar, a lump of sugar, spice, a teaspoonful of ketchup or other condiment sauce.

METHOD.—Fry the chopped vegetables in the butter until they are dark brown : add the flour and water, and stir until the mixture boils : then put in the parsley, herbs, vinegar, sugar, spice, and seasoning to taste. Simmer by the side of the fire for about 1 hour, strain and add the ketchup.



FISH—1 Oyster Patties. 2 Whiting. 3 Turbot. 4 Whitebait. 5 Mackerel. 6 Mayonnaise Salmon. 7 Lobster. 8 Crab.

TIME.—About 1¼ hours. AVERAGE COST, 3*d.* SUFFICIENT for ½ pint of gravy.

BROWN GRAVY FOR ROAST RABBIT (Economical).

INGREDIENTS.—1 pint of water, 1 oz. of beef dripping, 1 oz. of butter, ½ oz. of flour, the liver of the rabbit, 1 medium-sized onion, ½ a carrot, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper.

METHOD.—Slice the vegetables, cut the liver into small pieces. Melt the dripping in a stewpan, fry the vegetables and liver to a nice brown, then add the water, bouquet-garni, salt and pepper, and cook slowly for 1 hour. Strain and return to the saucepan, knead the flour and butter well together on a plate, add it in small portions to the gravy, stir and cook for ten minutes. Season to taste, add a few drops of caramel to improve the colour, and serve.

TIME.—1¼ to 1½ hours. AVERAGE COST, 2½*d.* QUANTITY, about ¾ pint.

BROWN MUSHROOM SAUCE.

INGREDIENTS. — 8 preserved mushrooms, ½ gill of the liquor, ½ gill of sherry, ½ gill of thin Espagnole sauce.

METHOD.—Chop the mushrooms finely, put them in a stewpan with the liquor and the sherry, cover the pan and boil well. Add the Espagnole, boil up again, then season and serve.

TIME.—From 20 to 30 minutes. AVERAGE COST, 8*d.*

BROWN ONION SAUCE.

INGREDIENTS.—2 Spanish onions, ½ pint of Espagnole sauce, ½ gill of haricot beans, seasoning, 2 ozs. of butter.

METHOD.—Soak the haricot beans for 12 hours, then put them on to boil in salt and water, and when tender rub them through a hair sieve. Skin and chop the onions, fry them in the butter, then add the sauce, and boil slowly until the onions are tender. Pass the mixture through a hair sieve, add the haricot purée, warm thoroughly, season, and serve.

TIME.—From 2 to 2½ hours. AVERAGE COST, 10*d.*

BROWN SAUCE.

INGREDIENTS.—1 pint of brown stock, 2 ozs. of butter, 1½ ozs. of flour, 1 small carrot, 1 small onion, 6 fresh button mushrooms (when in season), 1 tomato, salt and pepper.

METHOD.—Slice the mushrooms, carrot, and onion, and fry them until brown in the butter. Sprinkle in the flour, stir and cook for a few minutes, then add the sliced tomato and stock, and stir until it boils. Simmer for 10 minutes, season to taste, strain or pass through a tammy-cloth, re-heat, and serve. Preserved mushrooms may be used, but they do not impart the same flavour to the sauce. A tablespoonfull of GOOD mushroom ketchup is an improvement.

TIME.—40 to 45 minutes. AVERAGE COST, about 6*d.*, exclusive of the stock.

BROWN SAUCE (Inexpensive).

INGREDIENTS.—½ pint of stock or water, 1 oz. of butter or sweet dripping, 1 oz. of flour, 1 small carrot, 1 small onion, salt and pepper.

METHOD.—Cut the carrot and onion into small pieces. Melt the butter in a saucepan, put in the flour and vegetables, and fry until brown. An occasional stir is necessary to prevent the ingredients burning, but if they are constantly stirred they brown less quickly. Add the water or stock, stir until it boils, simmer for 10 minutes, then season to taste and use. A few drops of browning (*see* Browning for Stock) may be added when the sauce is too light in colour.

Time.—25 to 30 minutes. Average Cost, 2*d*. without the stock.

BROWN SOUP FROM TINNED MUTTON.

Ingredients.—2 lbs. of tinned mutton, 2 quarts of boiling water, 1 medium-sized onion sliced, 1 small carrot sliced, ½ a small turnip sliced, a bouquet-garni (parsley, thyme, bay-leaf), 1 oz. of butter, 1 oz. of flour, salt and pepper.

Method.—Turn the meat out of the tin into 1 quart of boiling water, let it remain until quite cold, and remove the fat. Empty the contents of the basin into a stewpan, add another quart of boiling water, boil up, and put in the vegetables, herbs, add a little salt and pepper. Cook gently for 1 hour, and pass the whole through a fine wire sieve. Heat the butter, add the flour, cook gently and stir occasionally until a good brown colour is obtained, then replace the purée and liquor. Boil up, season to taste and serve. Beef essence, sherry, ketchup, and many other things may be added to enrich the soup and improve its flavour.

Time.—2 hours after the fat has been removed. Average Cost, 1*s*. 6*d*. Sufficient for 5 or 6 persons.

BROWN STEW.

Ingredients.—1½ lbs. of neck of beef, 1½ ozs. of butter or fat, 1½ ozs. of flour, 1 onion sliced, 1 carrot, ½ a turnip, 1 pint of water, 2 tablespoonfuls of vinegar, salt, pepper.

Method.—Cut the meat into pieces convenient for serving, pour over them the vinegar, let them remain for at least 1 hour, turning two or three times, then drain and dry well. Cut some of the carrots into julienne strips, and put aside until wanted. Heat the butter or fat in a stewpan, fry the meat quickly until lightly-browned, then take it out, and put in the onion and the remainder of the carrot and turnip. Fry brown, then sprinkle in the flour, stir and cook until nicely browned, and add the water. Boil up, stirring meanwhile, simmer gently for 15 minutes, then cool slightly and put in the meat. Season to taste, and cook as slowly as possible for 2½ hours. Arrange the meat neatly on a hot dish, strain the sauce over, and garnish with the shredded vegetables, which must be previously cooked until tender in a little stock or water.

Time.—To stew, 2½ hours. Average Cost, 1*s*. 4*d*. Sufficient for 3 or 4 persons. Seasonable at any time.

BROWN STOCK (Economical).

Ingredients.—4 lbs. of raw or cooked bones, the neck, cleaned feet, gizzards, and liver of a chicken, the bones and rind of ham or bacon, 2 onions sliced, 2 carrots sliced, 1 turnip sliced, a strip of celery cut into small pieces, 2 ozs. of butter or sweet dripping, 12 peppercorns, 2 cloves, 1 tablespoonful of salt, and 1 quart of water to each lb. of meat and bone.

Method.—Clean and peel the vegetables. Make the fat hot in a large stewpan, chop or break the bones into small pieces, drain the vegetables thoroughly. Place the bones, herbs, and vegetables in the hot fat, put on the cover of the stewpan, and fry gently until the whole is quite brown, stirring and turning the ingredients occasionally to prevent anything becoming overcooked. Put in the cold water, salt, peppercorns, and cloves, let it come gently to the boil, and remove the scum as it rises. When clear, put on the cover and simmer gently for 5 or 6 hours. Some of the fat used in frying will rise to the surface during the process of simmering and should be taken off with a spoon. When done, strain through a sieve into a large basin, and when cold, remove the fat.

Soup made from this stock may not have a transparent brilliancy, but if gently simmered and carefully cleared it is quite good enough for ordinary purposes. Frying the bones and vegetables before adding the water greatly improves the flavour and colour.

Time.—6 hours. Average Cost, 6*d.* per quart.

1 lb. of solid material employed for stock should produce about 1½ pints of stock.

BROWN VEGETABLE SOUP (Vegetarian Dish).

Ingredients.—2 quarts of water, 1 slice of bread, 1 cabbage, 2 carrots, 1 turnip, 2 onions, 2 potatoes, parsley, salt and pepper, 1 tablespoonful of oil or 1 oz. of butter.

Method.—Fry a slice of onion in the oil or butter in a large saucepan. When it is brown, but not burnt, add 2 quarts of water, salt, pepper, a slice of stale bread toasted, and vegetables cut up into small pieces. (One small cabbage, 2 carrots, 1 turnip, 2 onions, 2 or 3 potatoes, and a bunch of parsley make a good soup). French beans, green peas with their pods, celery, parsnips, or any other vegetable may be added. Boil for 3 or 4 hours, then mash the vegetables through a colander, or in a saucepan with a spoon, boil for another 10 minutes, and the soup is ready. If it is too thick, add more water, and boil for 10 minutes after putting in the water ; if too thin, boil fast with the lid off the saucepan until it is thick enough.

Time.—From 3 to 4 hours. Average Cost, 3*d.* to 4*d.* Sufficient for 4 or 5 persons.

BROWNING, CARAMEL, FOR STOCK.

The best way to get brown stock is to fry the meat and bones in a little fat, as directed in the foregoing recipe. Another way to colour stock or any kind of soup or sauce is to add a few drops of caramel. This is obtained by boiling ½ lb. of loaf sugar with ½ gill of water until it is a dark brown, almost black colour. Then add a gill of cold water, and boil again till it acquires the consistency of thick syrup. Put it in a bottle and use as required ; it will keep for any length of time.

BRUSSELS SPROUTS, BOILED.

Ingredients.—Brussels sprouts. To each ½ gallon of water allow 1 heaped tablespoonful of salt, a very small piece of soda, white sauce, or parsley butter.

Method. — Clean the sprouts from insects, wash them, and pick any dead or discoloured leaves from the outsides ; put them into a saucepan of boiling water, with salt and soda in the above proportion ; keep the pan uncovered, and let them boil quickly until tender ; drain, dish, and serve with a tureen of melted butter : maître d'hôtel sauce is sometimes poured over them. Another method of serving is to toss the sprouts in about 1 oz. of butter and a seasoning of pepper and salt. They must, however, be sent to table very quickly, for on account of the smallness of the sprouts this vegetable soon cools.

Time.—From 10 to 15 minutes, after the water boils. Average Cost, 2*d.* to 3*d.* per lb. Seasonable from September to March.

BRUSSELS SPROUTS SALAD.

Ingredients.—Cooked Brussels sprouts, salad dressing, beetroot.

Method.—Toss the sprouts lightly in a little salad dressing, pile in a salad-bowl, and decorate with beetroot.

BRUSSELS SPROUTS SOUP.

Ingredients.—1½ lbs. of Brussels sprouts, 3 pints of good stock, 1 gill of cream, a small piece of soda, salt, pepper, and grated nutmeg.

Method.—Wash and trim the sprouts, cook them in salted water containing a very small piece of soda (to preserve the colour) till tender. Drain well and rub through a sieve. Put the purée in a stewpan with the stock, boil, and let it simmer for a few minutes, skimming meanwhile. Season to taste, add the cream, keep hot until wanted for table, but on no account let the soup boil after the cream is added.

Time ½ an hour. Average Cost, 2*s.* Sufficient for 6 persons. Seasonable from September to February.

BUBBLE AND SQUEAK.

Ingredients.—Thin slices of cold roast or boiled beef, cold mashed potatoes, cold greens of any kind, 1 onion shredded, butter or dripping, salt and pepper, vinegar if liked.

Method.—Melt a little butter or fat in a frying-pan, put in the meat, fry quickly until lightly-browned on both sides, then remove and keep hot. Put in the onion, fry until brown, add the potatoes and greens, and season to taste. Stir until thoroughly hot, then add a little vinegar, if liked, and turn on to a hot dish. Place the slices of meat on the top, and serve.

Time.—About 20 minutes.

BUCKWHEAT CAKES (Canadian Dish).

Ingredients.—1 cup of buckwheat flour, ½ a cup of Indian corn meal, ½ a cup of fine flour, ¼ of a cup of brewer's yeast, ½ a teaspoonful of salt, ¼ of a teaspoonful of carbonate of soda, 1 pint of boiling milk or water.

Method.—Pour the boiling water or milk over the Indian corn meal, add the salt, and stir well. Let it remain covered until lukewarm, then add the buckwheat flour, the white flour, and the yeast, and beat well. Cover with a cloth, and let the preparation stand all night, and in the morning repeat the beating. When the batter has risen again, add the soda dissolved in a little warm water, beat well again, and at once bake on a griddle.

Time.—To bake, about 10 minutes. Average Cost, 7*d.* Sufficient for 1¼ lbs. of cakes. Seasonable at any time.

BULLOCK'S HEART, STUFFED and BAKED.

Ingredients.—A bullock's heart, veal forcemeat, fat for basting, ½ pint of good stock, red currant jelly.

Method.—Wash the heart in several waters, cut away any cartilage or gristle there may be at the base, remove the lobes and the membrane, separating the cavities inside the heart. Drain and dry the heart thoroughly, make the forcemeat as directed, and put it inside the heart; cover the base with a greased paper to keep in the forcemeat, and tie round securely with tape or twine. Have ready in a deep baking tin 3 or 4 tablespoonfuls of hot fat, put in the heart, baste it well, and repeat the basting frequently during the 3 hours it must be allowed to cook in a moderate oven. Half an hour before serving remove the paper, in order that the base of the heart may brown. Have the stock ready boiling, transfer the heart to a HOT dish, and keep it as HOT AS POSSIBLE. Drain the fat from the tin, sprinkle in a little salt and pepper, pour in the BOILING stock, mix well with the sediment in the tin, bring to the boil, and strain. Serve with red currant jelly, a little gravy poured round the dish, and the remainder in a sauce-boat.

TIME.—To cook, 3 hours. AVERAGE COST, 2*s.* 6*d.* to 3*s.* SUFFICIENT for 6 or 7 persons.

BUNS, PLAIN.

INGREDIENTS.—To every 2 lbs. of flour allow 6 ozs. of moist sugar, 1 oz. of yeast, ½ pint of milk, ½ lb. of butter, 1 pint of tepid milk.

METHOD.—Put the flour into a basin, mix the sugar well with it, make a well in the centre, and stir in the yeast and ½ pint of milk (which should be lukewarm), with enough of the flour to make it the thickness of cream. Cover the basin over with a cloth, and let the sponge rise in a warm place, which will be accomplished in about 1½ hours. Melt the butter, but do not allow it to oil; stir it into the other ingredients, using a little more milk if necessary, and make the whole into a soft dough. Mould it into buns about the size of an egg; then lay them in rows quite 3 inches apart; set them again in a warm place until they have risen to double their size; then put them into a good brisk oven, and when they are done wash them over with a little milk. From 15 to 20 minutes will be required to bake them nicely. These buns may be varied by adding a few currants, candied peel, or caraway seeds to the other ingredients. The above mixture also answers for hot cross buns, by putting a little ground mixed spice, and by pressing a tin mould in the form of a cross in the centre of the bun.

TIME.—15 to 20 minutes to bake. AVERAGE COST, 1*d.* each. SUFFICIENT to make 24 buns.

BURLAS (Indian Dish).

This term is applied to a mixture of vegetables, fried in ghee (frying fat or butter). A favourite mixture is cabbage and potato, known to us as "Coleanum."

BURNT ALMONDS.

INGREDIENTS.—1 lb. of Demarara sugar, ½ lb. of almonds, 1 gill of water.

METHOD.—Put the sugar and water into a stewpan and stir occasionally until dissolved. As soon as it comes to the boil cease stirring, boil 2 or 3 minutes, and add the almonds. Now stir briskly until the sugar browns slightly and granulates, and has completely coated the almonds, then turn them on to a sieve, separate any that may have stuck together, and let them remain until cold.

BURNT ALMOND CREAM.

INGREDIENTS.—1½ pints of custard (*see* Custard for Cream Ices), ¾ of a gill of cream, 1 tablespoonful of Kirsch, 2 ozs. of loaf sugar, 2 ozs. of almonds.

METHOD.—Blanch, shred, and bake the almonds until brown, prepare the custard according to the recipe. Put the sugar and a few drops of water into a small stewpan, and boil until it acquires a deep golden brown colour. Now add the cream, boil up and stir into the custard. Let the mixture cool, then add the prepared almonds and Kirsch, and freeze.

TIME.—About 1 hour. AVERAGE COST, 2*s.* 3*d.* SUFFICIENT for 7 or 8 persons.

BURNT CREAM.

INGREDIENTS.—½ pint of cream, ½ pint of milk, 1 dessertspoonful of crême de riz or cornflour, 6 yolks of eggs, 1½ ozs. of vanilla sugar, ground cinnamon.

METHOD.—Mix the crême de riz or cornflour smoothly with a little milk, and put the remainder with the cream and 1 oz. of vanilla sugar into a stewpan. When boiling, add the crême de riz, cook for 2 or 3 minutes, cool slightly, then put in the well-beaten yolks of eggs, and whisk briskly by the side of the fire until they thicken, but do not allow the mixture to boil. Pour the preparation into a well-buttered soufflé dish, sprinkle the surface lightly with cinnamon, and thickly with vanilla sugar, and bake in a quick oven for 10 or 15 minutes. The top must be well-browned, and when the oven is not hot enough for the purpose, the dish should be held under a salamander before serving.

TIME.—From 35 to 45 minutes. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 6 or 7 persons.

BUTTER—Anchovy.

To 1 oz. of butter add a teaspoonful of lemon-juice, 1 teaspoonful of anchovy essence or paste, a pinch of cayenne, and a few drops of cochineal or carmine. Mix all well together, and use as required.

BUTTER—Clarified.

Put the butter into a small stewpan, let it heat slowly by the side of the fire, removing the scum as it rises, and when the butter presents the appearance of clear salad-oil, carefully pour it off from the sediment at the bottom of the pan. Clarified butter, or, as it is sometimes called, oiled or melted butter, is frequently served instead of sauce with fish, meat and vegetables; it is also used to moisten the surface of many things grilled or cooked "au gratin," and it is also frequently employed for coating moulds and baking tins.

BUTTER (Parsley Butter)—Maître d'Hôtel.

Mix well together 1 oz. of butter, 1 teaspoonful of finely-chopped parsley, and 1 teaspoonful of lemon-juice, a little salt and pepper to taste. Spread the preparation on a plate, and when cold and firm, use as required.

BUTTER, SALT, TO PRESERVE AND TO CHOOSE.

METHOD.—In large families, where salt butter is purchased a tub at a time, the first thing to be done is to turn the whole of the butter out, and, with a clean knife, to scrape the outside: the tub should then be wiped with a clean cloth, and sprinkled all round with salt, the butter replaced, and the lid kept on to exclude the air. It is necessary to take these precautions, since a want of proper cleanliness in the dairy-maid may cause the outside of the butter to become rancid; and if the scraping be neglected, the whole mass will soon become spoiled. To choose salt butter, plunge a knife into it, and if, when drawn out, the blade smells rancid or unpleasant, the butter is bad. The layers in tubs will vary greatly, the butter being made at different times ; so to try if the whole tub be good, the cask should be unhooped, and the butter tried between the staves.

Butter may be kept fresh for 10 or 12 days by a very simple process. Knead it well in cold water till the butter-milk is extracted ; then put it in a glazed jar, invert this in another, putting into the latter a sufficient quantity of water to exclude the air. Renew the water every day.

BUTTER SCOTCH.

INGREDIENTS. — 1 lb. of loaf sugar, ½ lb. of butter, a pinch of cream of tartar, ½ pint of milk.

METHOD.—Place the sugar and milk in a stewpan, and stir occasionally by the side of the fire until the sugar is dissolved. Now add the cream of tartar and the butter a small piece at a time, and boil the mixture until a little, dropped into cold water, forms a moderately hard ball. Pour on to an oiled or buttered tin, and as soon as it is sufficiently firm, mark off into small oblongs or squares, and when cold divide the sections thus formed. Wrap each piece first in wax paper, then in tinfoil.

CABBAGE AU GRATIN.

INGREDIENTS.—1 good cabbage, 3 or 4 slices of bacon, 1 dessertspoonful of grated cheese, 1 dessertspoonful of breadcrumbs, ½ pint of white sauce (*see* Béchamel sauce), 1 oz. of butter, salt and pepper.

METHOD.—Wash, trim, and quarter the cabbage, put it into boiling water, add a tablespoonful of salt, and boil rapidly. When ¾ cooked, drain well, chop coarsely, season with salt and pepper, and press into a pudding basin. Place the bacon in a gratin dish, or in any fire-proof dish that may be sent to table, invert the basin on the top, and turn out the cabbage. Cover the surface with the mixed grated cheese and breadcrumbs, put small pieces of butter on the top, and bake in a moderate oven until lightly brown. Serve the sauce separately.

TIME.—From 40 to 60 minutes. AVERAGE COST, 9*d*. SEASONABLE at any time.

CABBAGE, BOILED.

INGREDIENTS.—Cabbages. To each ½ gallon of water allow 1 heaped tablespoonful of salt, a very small piece of soda.

METHOD.—Pick off all the dead outside leaves, cut off as much of the stalk as possible, and cut the cabbages across twice at the stalk end ; if very large, quarter them. Wash them well in cold water, place them in a colander, and drain ; then put them into plenty of fast-boiling water, to which have been added salt and soda in the above proportions. Stir the cabbages once or twice in the water, keep the pan uncovered, and let them boil quickly until tender. The instant they are done take the cabbages up into a colander, place a plate over them, let them thoroughly drain, dish, cutting them into squares.

TIME.—Small young cabbages, 15 to 20 minutes ; large cabbages and savoys, from 30 to 40 minutes. AVERAGE COST, from 1*d*. each. SEASONABLE all the year.

CABBAGE, BRAISED.

Ingredients.—Savoy cabbages, slices of fat bacon, 1 or 2 onions, 1 or 2 carrots, a bouquet-garni (parsley, thyme, bay-leaf), stock, salt and pepper.

Method.—Wash, trim, and halve the cabbages, cover them with boiling water, adding 1 tablespoonful of salt. Boil rapidly for 15 minutes, then drain well, and cut away the stalks. Sprinkle carefully with salt and pepper, put 2 halves together, and fasten them securely. Cover the bottom of a stewpan with slices of bacon, put in the cabbages, add the onions and carrots thickly sliced, herbs, and a good seasoning of salt and pepper. Add sufficient stock to nearly cover the cabbages, put on a closely-fitting lid, and simmer gently for 1 hour. When ready, remove the strings, drain well, press dry in a cloth, shape as required, and use as a garnish to an entrée.

Time.—Altogether, about 1½ hours. Average Cost, cabbages, 2*d.* each. Allow 1 small cabbage for 2 persons. Seasonable in winter.

CABBAGE, BUTTERED.

Ingredients.—1 good cabbage, 2 medium-sized Spanish onions, 1½ ozs. of butter, salt and pepper.

Method.—Boil the cabbage and onions together, allowing a little longer time to the latter, when the cabbage is young, then drain, and chop finely. Heat the butter in a frying-pan, put in the vegetables, season well with salt and pepper, fry for 10 or 15 minutes, then serve. If preferred, a tablespoonful each of good gravy and vinegar may be added before serving.

Time.—About 1 hour. Average Cost, 6*d.* Seasonable at any time.

CABBAGE, MINCED.

Ingredients.—1 cabbage, 3 ozs. of butter, 1 oz. of flour, 2 tablespoonfuls of vinegar, salt and pepper, hard-boiled eggs.

Method.—Boil, press the cabbage dry and chop it finely. Heat the butter in a frying-pan, sprinkle in the flour, mix smoothly, and put in the cabbage. Add salt and pepper to taste, put in the vinegar, stir over the fire for 5 or 6 minutes, then serve garnished with sections of hard-boiled egg.

Time.—Altogether, from 1 to 1¼ hours. Average Cost, 6*d.* to 8*d.*, exclusive of the eggs. Sufficient for 3 or 4 persons. Seasonable at any time.

CABBAGE, PICKLED RED.

Ingredients.—1 good, firm red cabbage, 1 quart of vinegar, ½ oz. of whole pepper, ½ oz. of allspice.

Method.—Remove the outer leaves of the cabbage, quarter it, remove the centre stalk, and cut each section across into very fine strips. Pile the shredded cabbage on a large dish, sprinkle it liberally with salt, and let it remain thus until the following day. Meanwhile, boil the vinegar, pepper and spice together, the latter being tied together in a piece of muslin, and allow the preparation to become quite cold. Turn the cabbage into an earthenware or enamelled colander, and when well drained put it into a large jar, and pour in the vinegar. It will be fit for use in 3 or 4 days; if kept for any length of time it loses the crispness and colour which are its chief recommendations.

Time. — Altogether, 2 days. Average Cost, 9*d.* to 10*d.*

CABBAGE, RED, STEWED.

INGREDIENTS.—1 red cabbage, 1 small slice of ham, ½ oz. of fresh butter, 1 pint of fresh stock, 1 gill of vinegar, salt and pepper to taste, 1 tablespoonful of pounded sugar.

METHOD.—Cut the cabbage into very thin slices, put it into a stewpan, with the ham cut in dice, the butter, ½ pint of stock, and the vinegar; cover the pan closely, and let it stew for 1 hour. When it is very tender, add the remainder of the stock, a seasoning of salt and pepper, and the pounded sugar; mix the ingredients well together, stir over the fire until nearly all the liquor has dried away, and serve. Fried sausages are usually sent to table with this dish: they should be laid round on the cabbage as a garnish.

TIME.—Rather more than 1 hour. AVERAGE COST, 1*s.* without sausages. SEASONABLE from September to January.

CABBAGE SOUP.

INGREDIENTS.—2 small young cabbages (finely shredded), 1 tablespoonful of finely-chopped onion, 1 teaspoonful of finely-chopped parsley, 2 pints of boiling water, 1 pint of milk, 2 tablespoonfuls of crushed tapioca (sold in packets), or fine sago, 1 teaspoonful of salt, ¼ of a teaspoonful of pepper, 1 oz. of butter.

METHOD.—Cover the shredded cabbage with boiling water, bring to the boil and strain. Return the cabbage to the saucepan, add to it 2 pints of boiling water, the milk, onion, parsley, butter, salt and pepper, and boil gently for 15 minutes. Sprinkle in the tapioca and cook for about 10 minutes longer, or until the tapioca becomes transparent, then serve.

TIME.—About ½ an hour. AVERAGE COST, 6*d.* to 7*d.* SEASONABLE at any time. SUFFICIENT for 8 persons.

CABBAGE, WITH WHITE SAUCE.

INGREDIENTS.—Cabbage, ½ pint of white sauce or melted butter sauce. To each ½ gallon of water allow 1 heaped tablespoonful of salt, a very small piece of soda.

METHOD.—Pick off all dead or faded outside leaves, cut off as much of the stalk as possible, and cut the cabbages across twice at the stalk end; if they should be very large quarter them. Wash them well in cold water, and drain. Throw them into plenty of fast-boiling water, to which have been added salt and soda in the above proportions. Stir them down once or twice in the water, and let them boil quickly for 8 minutes; have another saucepan with fast-boiling water prepared as above, and throw them into it, and let them boil for 15 minutes; cast away the water contained in the first saucepan, and fill it as before, remove the cabbages once again into this, and let them boil for 10 minutes if small, for 20 minutes if large. Take up into a colander, drain and press well, and season with pepper. Serve in a hot vegetable dish, cut into squares, and pour over the sauce.

TIME.—20 to 40 minutes, according to size and age. AVERAGE COST, from 1*d.* each. SEASONABLE all the year.

CABINET PUDDING.

INGREDIENTS.—Stale sponge cake or Savoy biscuits, ¾ pint of milk, 4 yolks and 2 whites of eggs, 6 or 8 ratafia biscuits, 1 tablespoonful of castor sugar, a few drops of vanilla, a few cherries, and a little angelica to ornament the mould.

METHOD.—Butter a mould with plain straight sides, ornament the bottom with strips of angelica and cherries cut in halves, and line the sides with narrow strips of sponge cake or Savoy biscuits. Break the trimmings of the cake or 3 or 4 biscuits into small pieces, put them, together with the ratafias, into the mould. Beat the eggs, add to them the sugar, flavouring, and milk, stir until the sugar is dissolved, then pour the custard slowly into the mould. Cover with a buttered paper, and steam gently for nearly 1 hour.

TIME.—About 1½ hours. AVERAGE COST, 10*d.* to 1*s.* SUFFICIENT for 5 or 6 persons.

CABINET PUDDING, PLAIN.

INGREDIENTS.—5 or 6 thin slices of bread (*see* Note), 1 pint of milk, 2 eggs, 1 tablespoonful of sugar, 2 tablespoonfuls of raisins, a few drops of almond essence, or other flavouring.

METHOD.—Cut the raisins in halves and remove the stones. Cut the crusts off the bread, divide each slice into strips 1 inch wide, taper one end and trim to a uniform length. Have ready a well-buttered basin, decorate with raisins, and line with strips of bread. Beat the eggs, add to them the sugar, milk, and flavouring, and stir until the sugar is dissolved. Cut all the bread-trimmings into dice, put them into the prepared basin, pour on the custard, cover with a greased paper, and steam gently for 1 hour.

TIME.—1½ hours. AVERAGE COST, 7*d.*, without the bread. SUFFICIENT for 4 or 5 persons.

Note.—In place of bread, savoy, finger biscuits, or stale cake may be advantageously used for this pudding.

CAKE, PLAIN.

INGREDIENTS.—1 lb. of flour, 1½ teaspoonfuls of baking-powder, ¼ lb. of good dripping, 1 teacupful of moist sugar, 3 eggs, 1 breakfast-cupful of milk, ½ oz. of caraway seeds, ¼ lb. of candied peel cut fine.

METHOD.—Put the flour and baking-powder into a basin; stir these together, then rub in the dripping, add the sugar, caraway seeds, and peel; whisk the eggs with the milk, and beat all together very thoroughly until the ingredients are well mixed. Butter a tin, put in the cake mixture, and bake it from 1½ to 2 hours. Let the dripping be quite clean before using; to ensure this, it should be clarified. Beef dripping is better than any other for cakes, etc., as mutton-dripping frequently has a very unpleasant flavour, which would be imparted to the preparation. The eggs are not necessary.

TIME.—1½ to 2 hours. AVERAGE COST, 1*s.* SUFFICIENT for 1 cake.

CAKE, PLAIN, FOR CHILDREN.

INGREDIENTS.—1 quartern of dough, ¼ lb. of moist sugar, ¼ lb. of butter or good beef-dripping, ¼ pint of warm milk, ½ a teaspoonful of grated nutmeg, or ¼ oz. of caraway seeds.

METHOD.—If bread is not made at home, procure the dough from the baker's, and as soon as it comes in, put it into a basin near the fire; cover the basin with a thick cloth, and let the dough remain a little while to rise. In the meantime, beat the butter to a cream, and make the milk warm; when the dough has risen, mix with it thoroughly all the above ingredients, and well rub the mixture to obtain a smooth soft paste. Butter some cake-tins, half fill them, and stand them in a warm place to allow the mixture to rise again. When the tins are 3 parts full, put the cakes into a good oven, and bake them from 1¾ to 2 hours. A few currants, or sultanas, can be substituted for the caraway seeds, when the flavour of the latter is disliked.

TIME.—1¾ to 2 hours. AVERAGE COST, 11*d.* SUFFICIENT for 6 or 8 small cakes. SEASONABLE at any time.

CAKE, PLUM.

INGREDIENTS.—1 lb. of flour, ¼ lb. butter, ½ lb. of sugar, ½ lb. of currants, ¼ lb. of sultanas, 4 ozs. of candied peel, ½ pint of milk, ½ a teaspoonful of carbonate of ammonia, a pinch of carbonate of soda.

METHOD.—Put the flour into a basin with the sugar, soda, currants, and sliced candied peel; beat the butter to a cream, and mix all these ingredients together with the milk. Stir the ammonia into 2 tablespoonfuls of milk; add it to the dough, and beat the whole well until everything is mixed. Put the batter into a buttered tin, and bake the cake from 1½ to 2 hours.

TIME.—1½ to 2 hours. AVERAGE COST, 1*s.* 3*d.* SUFFICIENT for 1 medium-sized cake.

CAKE, PLUM, COMMON.

INGREDIENTS.—10 ozs. of flour, 6 ozs. of butter or good dripping, 10 ozs. of moist sugar, 8 ozs. of currants or raisins, ½ oz. of ground allspice, 1 oz. of distillery yeast, 1½ pints of new milk.

METHOD.—Rub the butter into the flour, add the sugar, currants or raisins, and allspice; warm the milk, and dissolve the yeast in it, mix the whole into a soft dough, knead it well, and put it into 6 buttered tins. Place them near the fire for 1 hour, or until they are light, then bake the cakes in a good oven from 1 to 1¼ hours. To ascertain when they are done, plunge a clean skewer in the middle, and if on withdrawal it comes out clean, the cakes are done.

TIME.—1 to 1¼ hours. AVERAGE COST, 1*s.* 8*d.* SUFFICIENT to make 10 small cakes.

CALCUTTA BECTIE, TO COOK (Indian Dish).

This fish may be cooked according to the numerous recipes for dressing cod, a fish it somewhat resembles.

CALF'S BRAINS, FRIED.

INGREDIENTS. — 1 or 2 calf's brains, vinegar, 1 small onion. For the batter: 2 ozs. of flour, 1 tablespoonful of salad-oil, ½ gill of tepid water, the white of 1 egg, salt, frying-fat.

METHOD.—Remove the skin and fibres, wash the brains in several waters, put them into a stewpan with the onion (sliced), and a tablespoonful of vinegar, bring to the boil, and simmer gently for 10 minutes. Remove from the stewpan, strain, dry well, and cut the brains into rather thin slices. Add a little salt to the flour, mix smoothly with the salad-oil and water, whip the white of egg stiffly, and stir it lightly into the batter. Have ready a deep pan of hot frying-fat, dip each slice of brains into the batter, drop these into the hot fat, and fry them until lightly browned. Drain well, dish up, garnish with fried parsley, and serve hot.

TIME.—From 30 to 40 minutes. AVERAGE COST, 10*d.* to 1*s.* SUFFICIENT for 3 or 4 persons.

CALF'S BRAINS, MILAN STYLE.

INGREDIENTS.—2 calves' brains, ¾ pint of tomato sauce, ¼ pint of well reduced white sauce, 2 tablespoonfuls of cream, 4 ozs. of macaroni, 1 small onion, 1 tablespoonful of vinegar, 1 egg, breadcrumbs, frying-fat, salt and pepper, flour.

METHOD.—Prepare, cook, and slice the brains as directed in the preceding recipe: season a dessertspoonful of flour with salt and pepper, dip each slice of brains in the mixture, brush over with egg, coat with breadcrumbs, and fry until lightly browned in hot fat. Break the macaroni into short lengths, put it into salted boiling water, and boil rapidly until tender, then drain well. Have the white sauce ready, add to it the macaroni and cream, and season to taste. Dish the slices of brains on a potato border, pile the macaroni in the centre, pour round a little of the hot tomato sauce, and serve the remainder in a tureen.

TIME.—40 or 45 minutes. AVERAGE COST, 1*s.* 8*d.* SUFFICIENT for 4 to 6 persons.

CALF'S BRAINS, WITH BLACK BUTTER SAUCE.

INGREDIENTS.—2 calves' brains, ¾ pint of good stock. For the sauce: 1½ ozs. of butter, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of vinegar, salt and pepper.

METHOD.—Wash the brains in salt and water, remove the skin and fibres, and drain well. Warm the stock in a stewpan, put in the brains, and simmer gently for about 10 minutes, then drain well. Fry the butter in an omelette-pan over a quick fire until it acquires a nut-brown colour, then add to it the parsley and vinegar; pour this over the brains and serve.

TIME.—From 20 to 25 minutes. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 4 to 6 persons.

CALF'S BRAINS, with Maître D'Hôtel Sauce.

INGREDIENTS.—Calf's brains, ½ pint of white sauce, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of lemon-juice, 1 small onion, 1 tablespoonful of vinegar, salt and pepper.

METHOD.—Prepare and cook the brains as directed in the preceding recipe, and cut them into small thick slices. Have the sauce ready in a stewpan, add the parsley, lemon-juice, and season to taste. Put in the slices of brain, and, when thoroughly hot, serve.

TIME.—About 30 minutes. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 3 or 4 persons.

CALF'S FEET FRICASSÉE.

INGREDIENTS.—4 cooked calves' feet (those which have been boiled down for jelly may be used), 1 pint of white sauce, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of lemon-juice, 2 tablespoonfuls of small dice of cooked ham or bacon, salt and pepper, nutmeg.

METHOD.—Remove all the bones, and cut the meat into pieces of equal size. Make the white sauce as directed, add to it the ham or bacon, the pieces of calves' feet, and let the stewpan stand by the side of the fire until the contents are thoroughly hot; then put in the parsley and lemon-juice, season to taste, and serve.

TIME.—10 to 15 minutes. AVERAGE COST, 1*s.* to 1*s.* 6*d.* SUFFICIENT for 6 to 8 persons.

CALF'S FEET, FRIED.

INGREDIENTS.—2 calves' feet. For the stock: 1 carrot, 1 onion, 6 peppercorns. For the marinade (brine in which meat, etc., is soused): 2 tablespoonfuls of salad-oil, 2 tablespoonfuls of vinegar, 1 dessertspoonful of finely-chopped parsley, 1 teaspoonful of finely-chopped onion, salt and pepper, 1 egg, breadcrumbs, frying-fat, flour. Tomato sauce.

METHOD.—Wash and scald the calves' feet, bone the upper part, remove the shank-bone, split them in two, and soak them in cold water for 2 hours. Put them in a stewpan with some salt, cover with cold water, bring to the boil, and drain. Return to the stewpan with as much cold water as will cover the feet, add the peppercorns, onion, and carrot (sliced), and cook slowly until tender. Take away the rest of the bones, press the feet until cold, then slice them, set them in a deep dish, pour over the marinade, and let them remain in it for 1 hour, basting or turning occasionally in order that both sides may be equally flavoured. Season a heaped teaspoonful of flour with salt and pepper, drain the slices of meat well, dip each piece in the flour, brush over with beaten egg, toss in crumbs, and fry in hot fat until nicely browned. Serve with tomato sauce.

TIME.—From 3 to $3\frac{1}{2}$ hours to boil the feet. AVERAGE COST, 1*s*. 6*d*. SUFFICIENT for 3 or 4 persons.

CALF'S FOOT BROTH (Invalid Cookery).

INGREDIENTS.—1 calf's foot, 3 pints of water, or equal parts of milk and water, lemon-rind, salt, sugar, yolks of eggs.

METHOD.—Stew the foot in the water, or milk and water, for 3 hours, then strain into a basin. When cold, remove the fat, reheat the broth with 2 or 3 strips of lemon-rind, which must be removed as soon as the broth is sufficiently flavoured. Add salt and sugar to taste, and to each $\frac{1}{2}$ pint allow 1 yolk of egg. Stir by the side of the fire until the broth thickens, but do not let it boil, or it may curdle. Free it from any particle of fat, and serve.

TIME.—6 or 7 hours. AVERAGE COST, 10*d*. to 1*s*. SUFFICIENT for $1\frac{1}{2}$ pints of broth.

CALF'S FOOT JELLY (*See* Aspic Jelly from Calves' Feet).

CALF'S FOOT JELLY (Invalid Cookery).

INGREDIENTS.—2 calves' feet, 5 pints of water, $\frac{1}{2}$ pint of sherry $\frac{1}{4}$ pint of lemon-juice, 6 ozs. of loaf sugar, the rinds of 3 lemons, the whites and shells of 2 eggs, 1 inch of cinnamon, 4 cloves.

METHOD.—Wash and blanch the feet, and divide each one into 4 pieces. Replace them in the stewpan, add the water, and boil gently for 6 hours, skimming when necessary. Strain and measure the stock, and if there is more than 1 quart, boil until reduced to this quantity. When cold remove every particle of grease, turn the jellied stock into a stewpan, and add the lemon-rinds, pared off in the thinnest possible strips, the lemon-juice, sherry, sugar, the stiffly-whisked whites and crushed shells of the eggs, and the cinnamon and cloves. Whisk until boiling, then draw the stewpan to the side of the fire, and let the contents simmer for 10 minutes. Strain through a scalded jelly-bag, or scalded tea-cloth tied to the legs of a chair reversed, and turn into moulds rinsed with cold water. Turn out when firm, and serve.

TIME.—12 hours. AVERAGE COST, 3*s*. 6*d*.

CALF'S FOOT, STEWED (Invalid Cookery).

INGREDIENTS.—1 calf's foot, 1 oz. of butter, 1 oz. of flour, ½ gill of cream, 1 pint of water, 1 small onion sliced, 2 or 3 sprigs of parsley, 2 cloves, 1 small blade of mace, a little finely-chopped parsley.

METHOD.—Wash and blanch the foot, put it into the stewpan with the spices and vegetables, and stew gently for 3 hours, adding more water if much evaporation occurs. When done, remove the bones, cut the meat into neat pieces, and keep them hot in a little of the stock. Melt the butter in a stewpan, stir in the flour, strain in the stock, boil gently until the sauce becomes thick and smooth, then season carefully and stir in the cream. Arrange the calf's foot neatly on a hot dish, pour the sauce over, sprinkle with parsley, and serve.

TIME.—3½ hours. AVERAGE COST, 1*s.* 4*d.* to 1*s.* 7*d.*

CALF'S HEAD.

INGREDIENTS.—1 tin of calf's head, frying-batter, tomato, piquant, or other suitable sauce, frying-fat.

METHOD.—Slice the head neatly, dip each slice into the prepared batter, and fry in hot fat until crisp and nicely browned. Serve the sauce separately.

TIME.—About ½ an hour, after the batter is made. AVERAGE COST, 1*s.* 4*d.*, exclusive of the sauce. SUFFICIENT for 5 or 6 persons.

CALF'S HEAD, BOILED.

INGREDIENTS.—A calf's head. For the stock: 1 or 2 onions, 1 or 2 carrots, 1 small turnip, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, salt. For the sauce: 1½ ozs. of butter, 1½ ozs. of flour, ½ pint of stock, ½ pint of milk, lemon-juice, 1 dessertspoonful of finely-chopped parsley, 1 egg, browned breadcrumbs.

METHOD.—Prepare and blanch the head in the usual manner, return it to the saucepan, cover with cold water, bring to the boil, skim well, then add the prepared vegetables, herbs, peppercorns, salt to taste, and simmer from 2 to 2½ hours, according to size. Boil the tongue at the same time. Wash the brains in several waters, let them remain in salt and water until wanted, then tie loosely in a piece of muslin, boil with the head for about ½ an hour, and when cool, chop coarsely and use for the sauce. The head may be served plainly-boiled, but it presents a better appearance when it has been coated with egg and brown breadcrumbs, and baked for 20 minutes in the oven, being frequently basted during the time. It is more easily carved, and the various parts are more evenly distributed when the bones are removed, and the head rolled, before baking; it must be bound with strong tape, and the bare parts under the tape sprinkled with breadcrumbs before serving. About ½ an hour before the head is ready to serve, melt the butter in a stewpan, add the flour and cook for 5 minutes, then pour in the milk and ½ pint of liquor from the pot in which the head is cooking. Stir until it boils, simmer for 10 minutes, add the prepared brains, parsley, lemon-juice, and seasoning to taste. Remove the skin from the tongue, and cut it into thin slices. Place the head on a hot dish (if not egged and breadcrumbed brush over with glaze), garnish with slices of tongue and lemon, and serve the sauce in a tureen. A piece of boiled ham or bacon is occasionally served as an accompaniment to this dish.

TIME.—To cook, about 4 hours. AVERAGE COST, 5*s.* 6*d.* to 8*s.*

CALF'S HEAD, COLLARED (Cold).

Ingredients.—A calf's head, 1 lb. of lean uncooked ham, 2 hard-boiled eggs, 2 tablespoonfuls of finely-chopped parsley, ground mace, nutmeg, salt and pepper. For the stock: 1 or 2 onions, 1 carrot, ½ a turnip, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns.

Method.—Cut the head in half, take out the brains, dress and serve them with the tongue as a separate dish. Wash the head in several waters, and afterwards let it soak for 12 hours in salted water, which should be changed several times. Put it into a saucepan with a handful of salt, cover with cold water, bring to the boil, then drain, and wash well in cold water. Return to the saucepan, cover with cold water, boil, skim well, then add the prepared vegetables, bouquet-garni, peppercorns, salt to taste, and cook gently for 1½ to 2 hours, or until the bones can be easily removed. When the head is boned, spread it out on the table, season well with salt and pepper, sprinkle on it a little mace and nutmeg, distribute the narrow strips of ham and slices of boiled egg evenly over the surface, add the parsley and a little more flavouring and seasoning, then roll up tightly, and wrap and tie securely in a pudding-cloth. Have the stock boiling in the saucepan, put in the head, and cook gently for 2 hours. When cool, tighten the cloth, and press between 2 dishes or boards until cold.

Time.—To cook, about 4 hours. Average Cost, from *7s.* to *9s. 6d.*

CALF'S HEAD FRICASSÉE.

Ingredients.—½ a calf's head, 1 pint of the liquor in which the head was boiled, 1½ ozs. of butter, 1½ ozs. of flour, 2 tablespoonfuls of cream, the yolks of 2 eggs, the juice of 1 lemon, a good pinch of mace, salt and pepper, rolls of fried bacon, forcemeat balls.

Method.—Prepare and boil the calf's head as directed in the recipe for "Calf's Head Collared" (the remains of a calf's head may be used), remove the bones, and cut the meat into pieces 1½ inches square. Melt the butter in a stewpan, fry the flour for a few minutes without browning, then add the stock, stir until it boils, and simmer gently for 10 minutes. Add the mace, seasoning to taste, put in the pieces of meat, cover closely, and draw the stewpan to the side of the stove for about 20 minutes. Shape the forcemeat into small balls, and either fry or bake them until nicely browned. Place the rolls of bacon on a skewer and fry or bake them until crisp. Remove the pieces of meat from the sauce, and arrange them on a hot dish in a pile. Have ready the cream and yolks of eggs mixed lightly together, add these to the sauce, and stir by the side of the fire until they thicken, but the sauce must on no account be allowed to boil. Add the lemon-juice, season to taste, and strain over the meat. Garnish with the forcemeat balls and rolls of bacon, and serve.

Time.—After the calf's head is boiled, nearly 1 hour. Average Cost, *4s.* to *5s.* Sufficient for 6 or 7 persons.

CALF'S HEAD, FRIED.

Ingredients.—The remains of a cooked calf's head. For the marinade: 2 tablespoonfuls of salad-oil or melted butter, 1 tablespoonful of lemon-juice or vinegar, 1 teaspoonful of finely-chopped shallot or onion, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of mixed herbs, salt and pepper. For the batter: 4 ozs. of flour, 2 tablespoonfuls of salad-oil, ¼ pint of tepid water, the whites of 2 eggs, salt. Frying-fat.

METHOD.—Cut the meat into strips about 2½ inches long and 1 inch wide, place them in a deep dish, pour over the marinade, and allow the strips to remain in it for at least 1 hour. Mix the flour, salt, salad-oil, and water smoothly together, whisk the white of egg stiffly, and stir it lightly into the batter. Drain the pieces of meat well, dip them into the batter, and fry in hot fat until nicely browned. Pile on a hot dish, and garnish with fried parsley. When a more elaborate dish is required, the fried strips may be dished in a circle on a border of mashed potato, with the centre filled with a purée of spinach, asparagus points, or whatever may be preferred, and either tomato or a good brown sauce poured round.

TIME.—1½ hours. AVERAGE COST, 8*d*., exclusive of the meat.

CALF'S HEAD, HASHED.

INGREDIENTS.—½ a calf's head, veal forcemeat, a few rashers of bacon, 1 pint of liquor in which the head was cooked, 1 glass of sherry, 12 button mushrooms, 1 oz. of butter, 1 oz. of flour. For the brain cakes: 2 eggs, breadcrumbs, salt, pepper, mace, herbs. For the stock: 2 onions, 2 carrots, 1 turnip, 2 strips of celery, 10 peppercorns, 1 bouquet-garni (parsley, thyme, bay-leaf), salt.

METHOD.—Prepare and blanch the head as directed in "Calf's Head, Collared," return it to the saucepan, bring to the boil, skim well, add the prepared vegetables, herbs, peppercorns, and salt to taste, and simmer gently until the bones can be easily removed. Drain the head, strain the stock, put 1 quart of it into a stewpan, and boil rapidly to reduce. Remove the bones from the head, cut the meat into pieces 1½ inches square, skin the tongue, and cut it into ½ inch dice. Wash the brains in 3 or 4 waters, let them remain in salt and water until wanted, then tie them in a piece of muslin, boil with the head for ½ an hour, and make into cakes (*see* Brain Cakes). Make the forcemeat as directed, shape into balls, and either bake or fry them in hot fat for about 15 minutes; roll the rashers of bacon, run a skewer through them, and either fry or bake until crisp. Knead the flour and butter together, add the mixture to the reduced stock, and when smoothly mixed put in the pieces of calf's head, tongue, mushrooms (previously cooked and cut into 2 or 4 pieces, according to their size). Season to taste, cover closely, simmer gently for ½ an hour, then add the sherry, and serve. Garnish with the forcemeat balls, brain cakes, and rolls of bacon.

TIME.—2½ to 3 hours. AVERAGE COST, 5*s*. to 6*s*. SUFFICIENT for 6 or 7 persons.

CALF'S HEAD PIE.

INGREDIENTS.—The remains of a calf's head, ½ lb. of raw ham or bacon, forcemeat balls, 2 hard-boiled eggs, ½ pint of stock in which the head was cooked, ¼ of a teaspoonful of mixed herbs, the grated rind of ½ a lemon, a pinch of ground mace, a pinch of grated nutmeg, salt and pepper, puff or rough puff paste.

METHOD.—Cut the meat into small thin slices, cut the ham or bacon into narrow strips, cut the eggs into thin slices, mix the forcemeat rather stiffly with a little

PUDDINGS. No. 1.

1. Canary Pudding. 2. Baroness Pudding. 3. Lemon Pudding.

PUDDINGS. No. 2.

1. Caramel Pudding. 2. Cocoanut Amber. 3. Ginger Creams.

raw egg, and shape into small balls. Put a fairly thick layer of calf's head on the bottom of a piedish, cover with a thin layer of ham or bacon, add a few slices of egg and a good sprinkling of salt, pepper, herbs, mace, nutmeg, and lemon-rind. Repeat until the dish is full, add the stock, and cover with the pastry. Bake in a moderately hot oven for about 1 hour, when cooked pour in, through the hole on the top, a little hot jellied stock, and set aside until cold.

TIME.—To bake, about 1 hour. AVERAGE COST, 3*s.* 6*d.* to 4*s.* 6*d.* SUFFICIENT for 6 or 7 persons.

CALF'S HEAD, SAUCE FOR.

INGREDIENTS.—1 pint of the liquor in which the head was boiled, 2 ozs. of butter, 1½ ozs. of flour, 1 dessertspoonful of finely-chopped parsley, the juice and finely-grated rind of ½ a lemon, 1 onion sliced, salt and pepper.

METHOD.—Fry the onion in the butter until well browned, sprinkle in the flour and brown it also, then add the stock. Simmer gently for ½ an hour to reduce, then strain. Return to the saucepan, and add the parsley, lemon-rind, lemon-juice, and seasoning to taste, make thoroughly hot, and serve.

TIME.—From 50 to 60 minutes. AVERAGE COST, 3½*d.*

CALF'S HEAD WITH MAÎTRE D'HÔTEL SAUCE.

INGREDIENTS.—the remains of a calf's head, 1 pint of white sauce, 1 tablespoonful of lemon-juice, 1 dessertspoonful of finely-chopped parsley, salt and pepper.

METHOD.—Cut the meat into pieces convenient for serving. Make the sauce as directed, put in the pieces of calf's head, and let them become thoroughly hot, then add the parsley and lemon-juice, season to taste, and serve.

TIME.—15 minutes. AVERAGE COST, 6*d.*, exclusive of the calf's head.

CALF'S HEAD WITH TOMATO SAUCE.

INGREDIENTS.—Half a boned calf's head, ¼ pint of tomato sauce, 3 or 4 ozs. of macaroni, salt and pepper.

METHOD.—Break the macaroni into pieces about ¾ inch long, put these into salted boiling water, and boil rapidly until tender. Cut the remains of the calf's head into slices convenient for serving; have the tomato sauce ready in a stewpan, add to it the macaroni and meat, season to taste, make thoroughly hot, and serve.

TIME.—About ½ an hour. AVERAGE COST, from 3*s.* 9*d.* to 4*s.* 9*d.*

CALF'S HEART, BAKED.

INGREDIENTS.—A calf's heart, veal forcemeat, a few rashers of bacon, salt and pepper, fat, brown gravy.

METHOD.—Wash the heart in several waters, let it remain in cold water 1 hour, then drain, and dry thoroughly. Fill the inside with forcemeat, tie a piece of oiled or buttered paper round it, and bake in a moderate oven for about 2 hours. Baste well, and about ½ an hour before serving remove the paper and dredge well with flour. The gravy in the tin may be used to enrich or form the basis of the brown gravy. Make this hot and pour round the dish. Garnish with fried bacon.

TIME.—About 2 hours. AVERAGE COST, 9*d.* to 1*s.* 6*d.* SUFFICIENT for 4 or 5 persons.

CALF'S KIDNEY WITH SCRAMBLED EGGS.

Ingredients.—1 large or 2 small calf's kidneys, ½ pint of Espagnole sauce, ¼ pint of gravy or good stock, 1 glass of sherry, 2 ozs. of butter, 1 teaspoonful of finely-chopped parsley, 2 shallots or 1 very small onion finely chopped, 4 eggs, 1 tablespoonful of milk (about), salt and pepper.

Method.—Boil the sauce and gravy together for ½ an hour, then add the sherry. Remove all fat and skin from the kidney, cut it into very thin slices, and season well with salt and pepper. Melt half the butter in a sauté-pan or frying-pan, fry the shallots lightly, add the slices of kidney, and fry quickly on both sides, shaking the pan meanwhile over the fire. Pour the sauce over the kidney, draw the pan to the side of the fire, and cook slowly for 10 or 15 minutes. Beat up the eggs, add to them about 1 tablespoonful of milk, and season to taste. Melt the remainder of the butter in a stewpan, pour in the eggs, cook very gently, and stir until they thicken. Arrange the kidney in a circle on a hot dish, pour the sauce round, and pile the scrambled eggs in the centre. Sprinkle the parsley over the whole, and serve.

Time.—From 50 to 60 minutes. Average Cost, 2*s*. Sufficient for 4 or 5 persons.

CALF'S LIVER AND BACON.

Ingredients.—1 lb. of calf's liver, ½ lb. of bacon, 1 oz. of butter, flour, salt and pepper.

Method.—Wash and dry the liver, and cut it into slices about ⅓ inch in thickness, add a good seasoning of salt and pepper to a dessertspoonful of flour, and dip the pieces of liver in the mixture. Heat the frying-pan, put in the bacon, cut into thin slices, fry slowly, remove to a hot tin, and keep hot until wanted. Fry the liver in the bacon fat until nicely browned on both sides, then remove to a hot dish. Pour away the bacon fat, add the butter (the bacon fat may be used instead, when not disliked), sprinkle in about a tablespoonful of flour, stir and fry until brown. Add about ½ pint of warm water, stir until it boils, and season to taste. Arrange the pieces of liver in a close circle, strain the gravy over, place the slices of bacon on the top, and serve. If preferred, the gravy may be served separately in a tureen, and the rashers of bacon curled before frying, and piled in the centre of the liver.

Time.—About 35 or 40 minutes. Average Cost, 1*s*. 4*d*. Sufficient for 4 or 5 persons.

CALF'S LIVER, BRAISED.

Ingredients.—A small calf's liver, a few strips of larding-bacon, ½ pint of brown sauce, ½ pint of good stock, 1 glass of port wine, the juice of ½ a lemon, 1 small onion sliced, 1 small carrot sliced, a bouquet-garni (parsley, thyme, bay-leaf), 1 blade of mace, 1 bay-leaf, 6 peppercorns, 1 clove, a small slice of ham or bacon cut into strips, 1 oz. of butter.

Method.—Soak the liver in cold water for 20 minutes, then drain, dry well, and insert the strips of bacon, which should be about ⅓ inch thick and 1¼ inches long. Melt the butter in a shallow stewpan, add the onion, carrot, and ham, fry slightly, then put in the liver and let it brown. Pour off the fat, add the brown sauce, stock, bouquet-garni, mace, bay-leaf, and simmer gently for about 1 hour. Then add the wine, lemon-juice, and parsley, boil, simmer for 10 minutes longer, remove the liver to a hot dish, strain the sauce over, and serve.

TIME.—About 1½ hours. AVERAGE COST, 2*s.* to 2*s.* 6*d.*

CALF'S LIVER WITH PIQUANTE SAUCE.

INGREDIENTS.—2 lbs. of calf's liver, frying fat. For the sauce: ½ pint of water, 1 oz. of butter, 1 oz. of flour, 4 shallots or 1 small onion finely-chopped, 2 gherkins coarsely-chopped, 3 tablespoonfuls of vinegar, salt and pepper.

METHOD.—Wash and dry the liver thoroughly, and cut it into neat slices. Mix 1 tablespoonful of flour, ½ a teaspoonful of salt, and ⅛ of a teaspoonful of pepper together, and dip the pieces of liver in the mixture. Place the shallots or onion, gherkins, and vinegar in a small stewpan, boil rapidly for 10 minutes, and keep it hot. Fry the liver in hot fat until lightly cooked and nicely browned, then remove and keep it as hot as possible. Pour away any fat that remains in the frying-pan, but leave all the brown sediment, add the butter, and when hot, sprinkle in the flour. Stir and fry slowly until well browned, add the water and seasoning to taste, stir until boiling, simmer gently for 5 minutes, then strain and mix with the vinegar, etc. Arrange the liver neatly on a hot dish, pour the sauce round, and serve as hot as possible.

TIME.—To fry the liver, 5 minutes. AVERAGE COST, 2*s.* SUFFICIENT for 6 or 8 persons. SEASONABLE at any time.

CAMBRIDGE SAUCE.

INGREDIENTS.—2 tablespoonfuls of olive oil, 1 tablespoonful of tarragon vinegar, 4 hard-boiled yolks of eggs, 4 fillets of anchovies, 1 tablespoonful of capers, 1 dessertspoonful of French mustard, 1 teaspoonful of English mustard, 1 teaspoonful of finely-chopped parsley, a sprig of tarragon, a sprig of chervil, a pinch of cayenne.

METHOD.—Pound all the ingredients except the parsley well together, then pass through a hair sieve. If too stiff, add a little oil and vinegar gradually until the consistency resembles that of mayonnaise sauce. Stir in the parsley, and keep on ice until required. This is an excellent sauce to serve with cold meat.

TIME.—About ½ an hour. AVERAGE COST, 8*d.* to 9*d.*

CAMP VINEGAR.

INGREDIENTS.—1 head of garlic, ½ oz. of cayenne, 2 teaspoonfuls of soy, 2 teaspoonfuls of walnut ketchup, 1 pint of vinegar, cochineal to colour.

METHOD.—Slice the garlic, and put it, with all the above ingredients, into a clean bottle. Let it stand to infuse for 1 month, then strain it off quite clear, and it will be fit for use. Keep it in small bottles, well sealed to exclude the air.

CANADIAN PUDDING.

INGREDIENTS.—6 tablespoonfuls of Indian meal, 2 tablespoonfuls of castor sugar, 4 eggs, the thin rind of 1 small lemon, 1 quart of milk, raisins stoned and halved.

METHOD.—Mix the meal with a little cold milk, infuse the lemon-rind in the remainder for 15 minutes, then strain the boiling milk over the meal. Replace in the stewpan, add the sugar, and simmer gently for 10 minutes. When cool, add the well-beaten eggs, and pour the mixture into a mould or basin previously well buttered and decorated with raisins. Steam for 2½ hours, then serve with a suitable sauce.

Time.—About 3 hours. Average Cost, 1*s*. 3*d*. Sufficient for 6 or 7 persons.

CANARY CREAM.

Ingredients.—1½ pints of milk, 4 ozs. of loaf sugar, ¾ oz. of leaf gelatine, 1 lemon, 6 yolks of eggs.

Method.—Soak the gelatine in a little milk, boil the remainder with the thinly-cut lemon-rind and sugar for a few minutes, add the gelatine, and when dissolved let the mixture cool a little. Now put in the lemon-juice, the beaten yolks of eggs, and stir by the side of the fire until they thicken. Stir the mixture frequently until cool, then pour into a wetted or lined mould.

Time.—From 35 to 40 minutes. Average Cost, 1*s*. Sufficient for 1 large mould.

CANARY PUDDING.

Ingredients.—4 ozs. of flour, 3 ozs. of sugar, 2 ozs. of butter, 2 eggs, 1 teaspoonful of baking-powder, milk.

Method.—Cream the butter and sugar together until thick and smooth, and add each egg, separately. Beat well, then stir in the flour and baking-powder as lightly as possible, and add milk gradually until the mixture drops readily from the spoon. Pour into a well-buttered mould, steam for about 1 hour, and serve with jam or custard sauce.

Time.—About 1¼ hours. Average Cost, 6*d*. Sufficient for 5 or 6 persons.

CANDY, AMERICAN.

Ingredients.—2 lbs. of moist sugar, ½ pint of water, cream of tartar, tartaric acid, 1 dessertspoonful of golden syrup, saffron-yellow, flavouring essence.

Method.—Dissolve the sugar in the water, add a good ½ teaspoonful of cream of tartar, and boil to the "large crack" degree (*see* Sugar to Boil). Pour on to an oiled slab, add a little saffron-yellow or other colouring ingredient, and flavour to taste. Any flavouring substance may be used, but it should agree with the colour of the candy; thus red should be flavoured with raspberry essence, yellow with pineapple, etc. Add also a pinch of tartaric acid and the golden syrup, work well in, fold up, then pull over an oiled hook, and cut into squares.

CANNELL PUDDING.

Ingredients.—4 ozs. of ground almonds, 4 ozs. of castor sugar, 3 ozs. of crumbled Savoy biscuits or Madeira cake, 1½ ozs. of butter, 1 oz. of flour, 4 eggs, ½ pint of milk, a good pinch of grated nutmeg, 1 inch of cinnamon.

Method.—Boil up the milk, infuse the cinnamon in it for 20 minutes, and strain it over the cake crumbs. Beat the butter and the sugar together until creamy, add the yolks of eggs separately, and stir in the almonds and nutmeg. Whisk the whites of eggs stiffly, and stir them lightly in, sprinkling the flour in gradually meanwhile. Have ready a mould, well buttered and lightly sprinkled with breadcrumbs, put in the mixture, bake in a moderate oven for ¾ of an hour, then turn out and serve with hot raspberry syrup.

Time.—1¼ hours. Average Cost, 1*s*. Sufficient for 4 or 5 persons.

CANNELONS.

Ingredients.—Strips of puff paste, about 10 inches long and 1 inch wide, whipped cream, preserved fruit, jam, or jelly.

Method.—Wrap the paste round short sticks, which must be previously greased and floured, and brush them over with egg. Bake in a moderately hot oven, and, when cold, fill them with sweetened stiffly-whipped cream, fruit, jam or jelly.

Time.—To bake, about 15 minutes. Average Cost, 1*d.* to 2*d.* each. Allow 1 to each person.

CAPE GOOSEBERRY JAM (South African Recipe).

Ingredients.—6 lbs. of gooseberries, 4½ lbs. of preserving sugar, 1 pint of cold water.

Method.—Prick the berries with a darning needle, place them in alternate layers with the sugar in a preserving-pan, add the water, and boil gently until a little of the syrup quickly jellies when poured on to a cold plate. Turn into pots, cover at once, and store in a dry place.

Time.—From 1¾ to 2 hours. Average Cost, uncertain. Sufficient for 6 or 7 lbs. of jam. Seasonable when the gooseberries are ready.

CAPERCAILZIE, ROASTED.

Ingredients.—1 capercailzie, ¼ lb. of beefsteak, 1 or 2 slices of bacon, butter, good gravy, bread sauce, fried breadcrumbs, water-cress, salad-oil, salt and pepper.

Method.—Prepare and truss the bird in the same way as a roast chicken. Put the beefsteak inside the bird; it greatly improves the flavour, and may afterwards be used in the preparation of some cold meat dish. Cover the breast with slices of bacon, and roast in front of a clear fire or in a moderate oven for about 1 hour, basting frequently. When ¾ cooked remove the bacon from the breast, dredge lightly with flour, and baste well to give the bird a nice brown appearance. Serve on a hot dish garnished with watercress, previously well washed, dried and seasoned with salt, pepper, and a little salad-oil, and send the gravy, bread-sauce, and breadcrumbs to table in sauce-boats.

Time.—About 1 hour. Average Cost, 4*s.* 6*d.* Seasonable from August 20 to December 20.

CAPER SAUCE.

Ingredients.—½ pint of melted butter, 1 tablespoonful of capers, either cut in two or coarsely chopped, 1 dessertspoonful of vinegar from the capers, salt and pepper.

Method.—Make the melted butter as directed, add to it the capers, vinegar and seasoning, and use.

Time.—Altogether, about 20 minutes. Average Cost, 3*d.* to 4*d.* Quantity, ½ pint.

Note.—If for serving with boiled mutton, make the melted butter sauce with the liquor in which the meat was boiled, instead of plain water.

CAPER SAUCE, SUBSTITUTE FOR.

Ingredients.—½ pint of melted butter, 2 tablespoonfuls of cut parsley, 1 tablespoonful of vinegar, salt and pepper.

Method.—Choose dark-coloured parsley, or boil it slowly in order to destroy some of its colour, and then cut it into small pieces, but do not chop it. Have the melted butter ready made, according to directions given, add to it the parsley, vinegar, salt and pepper to taste. Serve as a substitute for caper sauce.

Average Cost.—2*d.* or 3*d.*

CAPONS AND POULARDES, TO DRESS.

The male fowl, the capon, and the female bird, the poularde, are both, by treatment while young, made incapable of generating, with the result that their size is increased, and they become fatter than ordinary fowls. The flavour of the poularde is considered more delicate than that of the capon, but the latter is the larger bird. They may be boiled, braised, roasted, or otherwise dressed, according to the directions given for cooking chickens and fowls. Care, of course, must be taken that the methods, accessories, and garnishes used are equal to the birds in point of excellence.

CARAMEL CREAM.

Ingredients.—1½ pints of milk, 2½ ozs. of ground rice, 1 oz. of castor sugar, the thinly-cut rind of 1 lemon, 2 ozs. of loaf sugar.

Method.—Put the loaf sugar into a stewpan with 1 tablespoonful of cold water, allow it to boil quickly until it becomes dark golden-brown, then pour it into a dry plain mould, which must be turned slowly over and over until the inner surface is completely coated. Add the lemon-rind and castor sugar to the boiling milk, sprinkle in the ground rice, and boil gently for 10 minutes. When ready, remove the lemon-rind, pour the mixture into the prepared mould, and let it remain in a cold place until set.

Time.—From 35 to 45 minutes. Average Cost, *6d.* Sufficient for 1 medium-sized mould.

CARAMEL CREAM ICE.

Ingredients.—1½ pints of custard, (*see* Custard for Cream Ices) ¾ gill of cream, 1 tablespoonful of Benedictine, 2 ozs. of loaf sugar.

Method.—Prepare the custard according to the recipe. Put the sugar into a small stewpan with a few drops of water, and boil until it acquires a deep golden-brown colour. Now add the cream, and when boiling stir into the custard. Let the mixture cool, add the Benedictine, and freeze.

Time.—From 35 to 40 minutes. Average Cost, *2s.* Sufficient for 7 or 8 persons.

CARAMEL FOR COLOURING SAUCES.

Ingredients.—1 lb. of castor or moist sugar, 3 gills of water.

Method.—Put the sugar and a good tablespoonful of water into an untinned stewpan, and stir over the fire until it becomes dark brown. Boil it, add the rest of the water to the sugar, stir until it boils, simmer until the caramel acquires the consistency of syrup, and, when cold, bottle for use. It may be used for sweet or savoury sauces.

Time.—About 40 minutes.

CARAMEL PUDDING.

Ingredients.—For the caramel: 2 ozs. of loaf sugar, 2 tablespoonfuls of cold water. For the custard: ½ pint of milk, 4 yolks and 2 whites of eggs, 1 tablespoonful of castor sugar, a few drops of vanilla or other flavouring.

Method.—Boil the loaf sugar and cold water together until the liquid acquires a light-brown colour, then pour it into a charlotte or plain timbale mould, and turn the mould slowly round and round until every part of it is coated with the caramel. Beat the eggs, add to them the sugar, flavouring and milk, and stir until the sugar is dissolved. Strain the custard into the mould, cover with a greased paper, steam very slowly for about 40 minutes, then turn out carefully. No other sauce is needed than the caramel, which runs off when the pudding is inverted. This pudding is equally nice cold; when intended to be served thus, it may be allowed to cool before being turned out of the mould, and so lessen the probability of its breaking. If preferred, 6 dariol moulds may be used instead of 1 large mould.

TIME.—About 1¼ hours. AVERAGE COST, *7d.* or *8d.* SUFFICIENT for 4 or 5 persons.

CARAMEL RICE PUDDING.

INGREDIENTS.—For the caramel: 4 ozs. of loaf sugar, ¼ pint of water. For the pudding: 3 ozs. of rice, 1 pint of milk, 1 tablespoonful of castor sugar, 2 eggs, vanilla essence.

METHOD.—Prepare the caramel, and line the mould as directed in the preceding recipe. Simmer the rice in the milk until tender, cool slightly, then stir in the well-beaten eggs, sugar, and a few drops of vanilla essence. Turn into the prepared mould, cover with buttered paper, and steam for nearly 1 hour. Serve either hot or cold. If preferred, the rice may be steamed in dariol moulds.

TIME.—About 2 hours. AVERAGE COST, *7d.* or *8d.* SUFFICIENT for 5 or 6 persons.

CARAMEL SAUCE.

INGREDIENTS.—½ pint of syrup, 1 oz. of loaf sugar, 1 dessertspoonful of arrowroot, vanilla essence, cream.

METHOD.—Brown the sugar in a copper saucepan, add the syrup, and boil gently for 10 minutes. Blend the arrowroot smoothly with a little cold cream, stir it into the sauce, simmer for 3 or 4 minutes longer, then add vanilla essence to taste. Strain, and use as required.

TIME. — 25 minutes. AVERAGE COST, *4d.*

CARAMELS, CHOCOLATE.

INGREDIENTS.—3 ozs. of finely-grated vanilla chocolate, 1 lb. of best loaf sugar, ½ pint of cream, ½ pint of milk.

METHOD.—Dissolve the sugar in the milk, add the cream and bring slowly to boiling point. Dissolve the chocolate in the smallest possible quantity of hot water, stir into the syrup, and boil very gently until a little, dropped into cold water, at once hardens and snaps easily. Pour it on to an oiled slab into a square formed by bars, or, failing these, into an oiled tin. When cold, cut into squares with a caramel cutter, or a buttered knife, and wrap each piece in wax paper.

CARAMELS, CREAMS (Sweetmeat).

INGREDIENTS.—1 lb. of sugar, ¼ lb. of glucose, 1 oz. of butter, 1½ gills of water, 1 gill of cream, caramel essence.

METHOD.—Dissolve the sugar in the water, add the glucose, and boil to 265° (*see* Sugar to Boil). Then add the butter and cream, and stir until the mixture again registers 265°. Remove from the fire, flavour to taste, and pour on to a well-oiled tin. When sufficiently firm mark with a caramel cutter, and when cold cut into squares, and wrap them in wax paper.

CARDOONS, BOILED.

INGREDIENTS.—Cardoons, white sauce, salt.

METHOD.—Cut the stalks into 3-inch lengths, remove the prickles, cover with salted boiling water, boil gently for 15 minutes, and drain well. Rub off the skins with a cloth, replace the cardoons in the saucepan, cover them with cold water, add a little salt, and boil until tender. Serve with white sauce. Cardoons may also be cooked according to the directions given for dressing celery, but in all cases they must be blanched before cooking, in order to remove the slime.

CARP, BAKED.

Ingredients.—1 carp. For the forcemeat: 8 sauce oysters, 3 anchovies, boned, 2 tablespoonfuls of breadcrumbs, 1 teaspoonful of finely-chopped parsley, 1 shallot finely-chopped, yolk of 1 egg, cayenne, salt. For coating the fish: 1 egg and breadcrumbs. For the sauce: ¾ pint of good stock, 1 oz. of butter, 1 tablespoonful of flour, half a tablespoonful of Worcester sauce, a tablespoonful of lemon-juice, a teaspoonful of made mustard. Butter for basting.

Method.—Clean and scale the fish; remove the beards of the oysters, and simmer them for 15 minutes in a little fish stock or water. Cut the oysters into small pieces, but do not cook them; also cut the anchovies into very small pieces. Mix breadcrumbs, oysters, anchovies, parsley, shallot and seasoning, add the yolk of egg, the liquor of the oysters, and the stock in which the oyster-beards were simmered. Put the forcemeat inside the fish, and sew up the opening; brush over with egg, and cover with breadcrumbs. Place in a baking-dish and cook gently for about 1 hour, basting frequently with hot butter. Melt the butter, stir in the flour, add the stock, and stir until the sauce boils. Simmer for 2 or 3 minutes, than add the mustard, lemon-juice. Worcester sauce, and the gravy (strained) from the tin in which the fish was cooked. Garnish the fish with cut lemon and parsley, and serve the sauce in a tureen.

Time.—From 1¼ to 1½ hours. Average Cost, 2*s.* 3*d.* Sufficient for 4 or 5 persons. Seasonable from November to March.

Note.—The fish may also be stuffed with ordinary veal forcemeat.

CARP, BAKED (Another Method).

Ingredients.—1 carp, 3 tablespoonfuls of salad-oil, or clarified butter, 1 tablespoonful of Worcester sauce, 1 tablespoonful of lemon-juice, 1 tablespoonful of finely-chopped parsley, 1 dessertspoonful of finely-chopped onion, salt, cayenne. For the sauce: ¾ pint of milk, 1½ ozs. of flour, 1½ ozs. of butter, 2 tablespoonfuls of coarsely-chopped gherkins, salt and pepper.

Method.—Wash, scale, and clean the fish, and place it in an earthenware baking-dish. Mix together the salad-oil, Worcester sauce, lemon-juice, parsley, onion, season well with salt and cayenne, pour this mixture over the fish, and let it remain in it for at least 2 hours, basting at frequent intervals. Cover with a greased paper; bake gently for about 1 hour, and baste well. When it is nearly done, melt the butter in a stewpan, stir in the flour, add the milk, bring to the boil, and simmer for 5 or 6 minutes. Place the fish on a hot dish, strain the gravy in the tin into the sauce, add the gherkins, season to taste, and pour over the fish.

Time.—To bake, 1 hour. Average Cost, 2*s.* to 2*s.* 3*d.* Sufficient for 4 or 5 persons. Seasonable from November to March.

CARP, FRIED.

Ingredients.—1 carp of medium size, butter or fat for frying, vinegar, salt and pepper, flour.

Method.—Soak the fish 1 hour in salt and water, then split it open, lay it flat, and REMOVE THE GALL-STONE FROM THE HEAD. Dry well, sprinkle with salt and cayenne, dredge with flour, and fry in hot butter or fat until nicely browned. Garnish with cut lemon and the roe fried, and serve with anchovy sauce.

Time.—To cook, from 20 to 30 minutes. Average Cost, 1*s.* 3*d.* to 1*s.* 6*d.* Sufficient for 2 or 3 persons. Seasonable from November to March.

CARP, STEWED.

Ingredients.—1 large carp, 1 pint of stock, 1 glass of claret, 1 tablespoonful of flour, 12 small button mushrooms, 2 ozs. of butter, 2 or 3 small onions, a bouquet-garni (parsley, thyme, bay-leaf), a good pinch of grated nutmeg, salt and pepper.

Method.—Wash the fish in vinegar and water, and cut it into thick slices. Slice the onions, fry them until brown in about 2 ozs. of hot butter, then put in the stock, wine, mushrooms, herbs, nutmeg, and seasoning, and, when warm, add the fish, and simmer gently for 30 or 40 minutes. Take out the fish and keep it hot. Have ready the flour and the remainder of the butter kneaded to a smooth paste, add it to the contents of the stewpan, and simmer and stir until the sauce is cooked smoothly. Place the fish on a hot dish, strain the sauce over, and garnish with the mushrooms (heated in sauce), fried roe, and sippets of toast.

Time.—About 1 hour. Average Cost, 2*s.* 3*d.* Sufficient for 5 or 6 persons. Seasonable from November to March.

Note.—This fish can be boiled plain, and served with parsley and butter sauce. Chub, char, dace, and roach may be cooked in the same manner as the above.

CARROT AND BEETROOT JAM.

Ingredients.—Equal weights of carrots and beetroot, sugar, lemons.

Method.—Wash the beetroot, scrape the carrots, and boil them separately until tender. Pass through a coarse sieve, measure the purée, and to each pint allow 12 ozs. of sugar and the juice of 2 lemons. Place the whole in a preserving pan, boil gently for ½ an hour, and turn the preparation into pots. If intended to be kept some time, a glass of brandy should be added to each pint of jam before putting it into the pot. Keep closely covered in a dry, cool place.

Time.—About 1 hour. Average Cost, about 5*d.* per lb.

CARROT AND LENTIL SOUP.

Ingredients.—3 quarts of stock or water, 1 pint of lentils, 4 carrots sliced, 2 onions sliced, 1 good lettuce shredded, 2 tablespoonfuls of cooked rice, 2 ozs. of butter or fat, salt and pepper.

Method.—Let the lentils soak all night, then wash and drain them well. Heat the butter or fat in a saucepan, put in the vegetables, and let them fry slowly for 15 minutes. Now add the lentils and stock or water, season with salt and pepper, cover closely, and simmer gently for ½ an hour to 1 hour, or until the lentils are tender. Pass the whole through a sieve, return to the saucepan, make thoroughly hot, then add the cooked rice, season to taste, and serve.

Time.—From 1½ to 2 hours. Average Cost, 8*d.*, when made of water. Sufficient for 10 persons. Seasonable in winter.

CARROT JAM.

Ingredients.—Young carrots. To each lb. of the prepared pulp allow 1 lb. of preserving sugar, the strained juice of 2 lemons, and the finely-grated rind of 1 lemon, 6 finely-chopped bitter almonds, 2 tablespoonfuls of brandy.

Method.—Wash and scrape the carrots, cut each one into 3 or 4 pieces, place them in a preserving-pan with barely sufficient water to cover them, and simmer gently till tender. Drain well, pass through a fine sieve, weigh the pulp, and replace it in the preserving-pan with an equal weight of sugar. Bring slowly to boiling point, boil for 5 minutes, stirring and skimming frequently. When cool, add the almonds, brandy, lemon-juice and rind, turn into small pots, cover closely, and store in a cool, dry place. If the brandy be omitted the jam will not keep.

Time.—From 50 to 60 minutes. Average Cost, about 5*d.* per lb.

CARROT PUDDING.

Ingredients.—½ lb. of young carrots, ½ lb. of fresh breadcrumbs, ½ lb. of butter, ¼ lb. of castor sugar, ¼ lb. of glacé cherries, 2 eggs, 1 teaspoonful of ground cinnamon, a good pinch of salt.

Method.—Wash and scrub the carrots, but do not scrape them; put them into slightly salted water and boil until tender; then rub through a fine sieve. Cream the butter and sugar together, add the yolks of eggs and beat well, then mix in the breadcrumbs, cinnamon, cherries cut in quarters, and the carrot pulp. Whip the whites to a stiff froth, stir them very lightly into the rest of the ingredients, pour the mixture into a well-buttered mould, and steam for 2¼ to 2½ hours. Serve with lemon-sauce or sherry sauce.

Time.—3 to 3¼ hours. Average Cost, 1*s.* 3*d.* to 1*s.* 6*d.* Sufficient for 7 or 8 persons.

CARROT PUDDING (Vegetarian Dish).

Ingredients.—Boiled carrots, ½ their bulk in breadcrumbs, 1 or 2 eggs, pepper and salt, 2 ozs. of butter, white sauce.

Method.—Boil some carrots until soft, chop them small or rub them through a sieve, add the breadcrumbs and butter, and eggs sufficient to bind the whole together, with seasoning to taste. If eggs are not used, a couple of tablespoonfuls of flour and a little milk should be put in. Butter the pudding-basin, put in the mixture, steam from 1 hour to 1½ hours, according to size, turn out the pudding, and serve it hot with white sauce poured round the pudding.

Time.—To steam the pudding, from 1 to 1½ hours. Average Cost, 7*d.*, exclusive of the sauce. Sufficient for 2 persons.

Note.—This pudding can be made with other vegetables. Chopped turnips or cauliflowers mixed with the carrots are excellent.

CARROT SOUP (French Dish).

Ingredients.—10 fresh carrots, 1 onion, 1 leek, 3 ozs. of butter or 2 ozs. of dripping, 3 pints of boiling stock or water, a few rinds of bacon, sugar, salt and pepper, fried croûtons.

Method. — Prepare the vegetables and cut them into small pieces. Melt the butter or fat in a stewpan, put in the vegetables, cover with a close-fitting lid, and cook gently for 1 hour. Add the boiling water or stock and the bacon rinds, and continue the gentle cooking until the vegetables are reduced to a pulp. Pass the whole through a sieve or colander, then add sugar, salt and pepper to taste, re-heat and serve. The croûtons should be handed separately.

Time.—2 hours. Average Cost, 5*d.* to 6*d.* Sufficient for 4 or 5 persons. Seasonable at any time.

CARROT SOUP WITH RICE.

Ingredients.—2 pints of white second stock, 1 pint of milk, 5 large carrots, 1 onion, 1 strip of celery, 1 leek (the white part only), 1½ ozs. of butter, 1 tablespoonful of cornflour, 2 tablespoonfuls of cream, 2 tablespoonfuls of cooked rice, salt, pepper, sugar, nutmeg.

Method.—Use only the outer red part of the carrots. Cut all the vegetables into small pieces, and cook them for 10 or 15 minutes in hot butter without browning. Add the stock and simmer until the vegetables are tender (about 40 minutes), then rub them through a fine sieve. Return to the stewpan, add the milk, salt, pepper, and a little nutmeg, and bring to the boil. Mix the cornflour with a small quantity of stock or milk, pour it into the soup and stir for a few minutes, then add a good pinch of sugar, the cream, and the rice (which should be nicely cooked, and dry), and serve.

Time.—1¼ to 1½ hours. Average Cost, about 9*d.* or 10*d.* without the stock. Seasonable at any time. Sufficient for 6 persons.

CARROTS AND TURNIPS.

The manifold purposes for which both these vegetables are employed are too well known to need comment. In adding them to a soup, sauce, or ragoût, the rule of using less turnip than carrot should always be observed. Both should be used sparingly, otherwise their flavour overpowers that of the materials with which they are cooked.

CARROTS, BOILED.

Ingredients.—To each ½ gallon of water allow 1 heaped tablespoonful of salt, carrots.

Method.—Cut off the green tops, wash and scrape the carrots, and remove any black specks. If the carrots are very large cut them in halves, divide them lengthwise into 4 pieces, and put them into boiling water, salted in the above proportion; let them boil until tender, which may be ascertained by piercing the carrots with a skewer or fork, then drain well. Young carrots should be boiled whole.

Time.—Young carrots, about ½ hour; old ones, from 1 to 1½ hours. Average Cost, young carrots, from 6*d.* to 8*d.* a bunch. Seasonable, young carrots, from April to June; old ones at any time.

CARROTS FOR GARNISH.

Ingredients.—Carrots, salt, rich beef or veal stock.

Method.—Trim the carrots with a round cutter, and parboil them in salted water. Drain away the water, cover with strong stock, boil gently until tender, then strain and keep them hot, and replace the stock in the stewpan. Boil rapidly until reduced to a thin glaze, then put in the carrots, shake over the fire until well coated with glaze, and serve.

Time.—Altogether, about ¾ of an hour. Average Cost, 2*d.* per lb. Seasonable at any time.

CARROTS, STEWED.

Ingredients. — 6 or 7 large carrots, ½ pint of stock, ¼ pint of milk, 1 tablespoonful of cream, 1 oz. of butter, 1 oz. of flour, salt and pepper.

Method.—Scrape the carrots, put them into boiling water, boil rapidly until half cooked, then drain, and cut them into rather thin slices. Heat the butter in a stewpan, stir in the flour, add the stock and milk, and stir over the fire until a smooth sauce is obtained. Season to taste, put in the sliced carrots, simmer very gently until they are tender, stirring occasionally, then add the cream, and serve.

Time.—From 1 to 1¼ hours. Average Cost, about *9d.* Seasonable at any time. Sufficient for 5 or 6 persons.

CARROTS WITH PARSLEY SAUCE.

Ingredients.—2 lbs. of small new carrots, 1 oz. of butter, 1 dessertspoonful of finely-chopped parsley, the juice of ½ a lemon, salt and pepper.

Method.—Wash and trim the carrots; if very young, allow 2 or 3 of the tiny leaves at the top to remain, as this adds to the appearance when served. Put them into boiling water slightly salted, and boil for about 15 minutes, or until tender. When done, drain off the water, put in the butter, parsley, and lemon-juice, season with salt and pepper, toss over the fire for a few minutes, then serve.

Time. — About 20 minutes. Average Cost, *6d.* to *8d.* per bunch. Seasonable from March to June.

CARROTS WITH PARSLEY SAUCE (Another Method).

Ingredients.—1 bunch of young carrots, 2 ozs. of butter, 1 gill of milk, ½ gill of cream, the yolks of 2 eggs, 1 teaspoonful of finely-chopped parsley, salt and pepper.

Method.—Blanch the carrots in boiling water for 5 minutes, rub off the skins with a clean cloth, and cut the carrots into thin slices. Melt the butter in a stewpan, add the milk, season with salt and pepper, put in the sliced carrots, and cook gently until tender. Beat the yolks of eggs and cream together slightly, pour into the stewpan, and stir very gently until the eggs thicken, then add the parsley, season to taste, and serve.

Time. — 30 minutes. Average Cost, 10*d.* to 1*s.* Seasonable from March to June.

CASSELL PUDDING.

Ingredients.—2 eggs and their weight in butter, castor sugar and flour, 1 saltspoonful of finely-grated lemon-rind, jam.

Method.—Whisk the eggs well, stir in the sugar and flour, and add the butter slightly warmed. Have ready some well-buttered cups, cover the bottom of each one with jam, and fill it three-quarters full with the mixture. Bake in a moderate oven for 25 minutes, and serve with boiled custard.

Time.—¾ of an hour. Average Cost, 10*d.* to 1*s.* Sufficient for 6 or 7 persons.

CASTLE PUDDINGS.

Ingredients.—1½ ozs. of flour, 1½ ozs. of castor sugar, 1 oz. of butter, 1 level teaspoonful of baking-powder, 1 egg, a little milk, flavouring.

Method.—Cream the butter and sugar together, beat in the egg until the mixture is light and creamy. Sieve the flour and baking-powder together, stir lightly in, and add milk gradually until the mixture drops readily from the spoon. Three parts fill some well-buttered dariol moulds, and steam for 50 minutes or bake for half that length of time. Grated lemon-rind, vanilla, or any other flavouring ingredient may be added. Serve with jam, wine, or custard sauce.

TIME.—About 1¼ hours. AVERAGE COST, 5*d.* SUFFICIENT for 3 or 4 persons.

CAUDLE (For Invalids).

INGREDIENTS.—½ pint of milk, ¼ pint of water, 1 wineglassful of sherry or brandy, 1 tablespoonful of fine oatmeal, 1 tablespoonful of castor sugar, the finely-cut rind of ¼ of a lemon, a little nutmeg.

METHOD. — Put the oatmeal, lemon-rind, water and milk into a stewpan, bring it to the boil, and simmer gently for 15 minutes. Stir in the brandy, sugar, and nutmeg, remove the lemon-rind, and serve.

TIME.—30 minutes. AVERAGE COST, 5*d.* to 6*d.*

CAUL.

Pig's caul is best to use. Let it remain in salt and water until required, changing the water each day. Drain it well before using.

CAULIFLOWER, BAKED, WITH CHEESE.

INGREDIENTS.—2 to 3 small cauliflowers, ¾ pint of white sauce, 2 tablespoonfuls of grated cheese, preferably Parmesan, 1 tablespoonful of brown breadcrumbs, 1 oz. of butter.

METHOD.—Boil the cauliflowers as in the following recipe, drain well, and divide them into pieces convenient for serving. Have ready a round gratin dish, or any fireproof dish that may be sent to table, butter it well, and in it arrange the pieces of cauliflower so as to appear as one large one. Mix ⅔ of the cheese with the COLD white sauce, and the remainder with the breadcrumbs; pour the sauce over the cauliflower, and cover the surface with the mixed breadcrumbs and cheese. Place small pieces of butter on the top, and bake in a moderate oven until well browned.

TIME.—About 40 minutes. AVERAGE COST, 10*d.* to 1*s.* SEASONABLE from June to October; broccoli from October to March.

CAULIFLOWER, BOILED, WITH WHITE SAUCE.

INGREDIENTS.—2 cauliflowers (to each gallon of water allow 1 heaped tablespoonful of salt), white sauce.

METHOD.—Choose cauliflowers that are close and white, trim off the decayed outside leaves, and cut the stalk off flat at the bottom. Open the flower a little in places to remove the insects, which generally are found about the stalk, and let the cauliflowers lie in salt and water for an hour previous to dressing them, with their heads downwards; this will effectually draw out all insects. Put them into fast-boiling water, with the addition of salt in the above proportion, and let them boil gently, keeping the saucepan uncovered. The water should be well skimmed. When the cauliflowers are tender, take them up with a slice, let them drain, and lay them carefully in the dish. Serve with white sauce or else plain melted butter, a little of which may be poured over the cauliflower.

TIME.—Small cauliflower, 12 to 15 minutes; a large one, 20 to 25 minutes, after the water boils. AVERAGE COST, from 3*d.* to 4d. each. SEASONABLE from June to November.

CAULIFLOWER, CURRIED

(*See* **Vegetables, Curry of**).

CAULIFLOWER FRITTERS (French Dish).

INGREDIENTS.—2 large cauliflowers, salt, water (1 tablespoonful of salt to 2 quarts of water), 2 ozs. of butter, 1 teaspoonful of olive oil, 8 dessertspoonfuls of flour, a bunch of parsley, ¼ pint of vinegar.

METHOD.—Trim and cleanse the cauliflowers in the usual way, and half boil them in salt and water. Melt the butter in a little hot water, stir in the flour, oil, and salt, making a batter which will run from the spoon; mix lightly with it the whites of 2 eggs well beaten up. Drain the cauliflowers thoroughly, divide them into branches, and shake the branches well in the vinegar, seasoned with salt and pepper; then dip them in the batter, and fry in deep fat, taking care that they do not stick to each other. Serve in pyramidal shape, and garnish with some sprigs of parsley.

TIME.—½ an hour. AVERAGE COST, 1*s.* SUFFICIENT for 8 persons. SEASONABLE in summer.

CAULIFLOWER SOUP.

INGREDIENTS.—2 small cauliflowers, 1 oz. of ground rice (crême de riz), 1 gill of cream, 1½ pints of white stock, 2 ozs. of crushed tapioca, ½ oz. of castor sugar, nutmeg, 1 pint of milk, salt and pepper.

METHOD.—Wash and trim the cauliflowers, cook them in salted water till tender, drain (keep the water), and rub the flower through a fine sieve. Bring the water in which the cauliflower has been cooked to the boil, stir in the crushed tapioca, and simmer for 20 minutes. Mix the crême de riz, or ground rice, with a little cold milk, boil up the remainder of the milk with the stock, stir in the ground rice, and cook for a few minutes, stirring all the while; add the cauliflower water, season with salt, pepper, and grated nutmeg to taste, bring it to the boil, put in the cream and stir a little longer, but do not let it boil again. The purée is now ready for serving.

TIME.—1 hour. AVERAGE COST, 2*s.* SEASONABLE at any time. SUFFICIENT for 6 persons.

CAVIARE SANDWICHES

INGREDIENTS.—Astrakhan caviere creamed butter, lemon-juice, cayenne pepper.

METHOD.—Prepare some thin slices of bread, spread them lightly with caviare, sprinkle with lemon-juice and a little cayenne. Have ready an equal number of slices of bread and creamed butter, cover, press lightly together, trim, and cut into square, triangular, or finger-shaped pieces. These sandwiches may be varied by using lobster, prawn, or shrimp butter, any of which flavours combine agreeably with that of caviare.

CAYENNE is a powder prepared from several varieties of the *Capsicum*, annual East India plants, of which there are three so far naturalized in this country as to be able to grow in the open air; these are extremely pungent to the taste, and in the green state are used as a pickle. When ripe, they are ground into cayenne pepper, and sold as a condiment. The best cayenne, however, is made in the West Indies from the *Bird* pepper, so named because of the partiality of hens and turkeys to the berry. It is imported ready for use. Of the *Capsicum* species of plants there are five; but the principal are: (1) *Capsicum annum*, the common long-podded *Capsicum*, cultivated in our gardens, of which there are two varieties, one with red, and another with yellow fruit. (2) *Capsicum baccatum*, or *Bird* pepper, which rises with a shrubby stalk 4 or 5 feet high, with its berries growing at the division of the branches; this is small, oval-shaped, and of a bright red colour, from which, as already stated, the best cayenne is made. (3) *Capsicum grossum*, the bell-pepper; the fruit of this is red, and is the only kind fit for pickling.

CAYENNE VINEGAR.

INGREDIENTS.—1 pint of vinegar, ½ oz. of cayenne pepper.

METHOD.—Mix the vinegar and cayenne together in a bottle, let it stand for 1 month, shaking the preparation daily. When ready, strain into well-corked bottles, and store for use.

TIME.—1 month. AVERAGE COST, about *6d.*

CELERY.

METHOD.—This vegetable is generally eaten raw, and is served with cheese. Let the roots be washed free from dirt, all the decayed and outside leaves being cut off, preserve as much of the stalk as possible, and carefully remove all specks and blemishes. Should the celery be large, divide it lengthwise into quarters, and place it root downwards in a celery-glass, which should be rather more than half filled with water. The top leaves may be curled by shredding them in narrow strips with the point of a knife to a depth of about 2 inches from the top.

AVERAGE COST.—From *2d.* per head. SEASONABLE from September to February.

CELERY AND MACARONI STEW.

INGREDIENTS.—3 heads of white celery, milk, water, salt, bay-leaf, 2 ozs. of macaroni, 1½ gills of Béchamel, or white sauce, white pepper, a grate of nutmeg.

METHOD.—Trim and wash the celery, boil it till tender in milk and water, seasoned with salt and a bay-leaf. Drain and cut the celery into 2-inch lengths. Cook the macaroni likewise in salted water; when done drain on a sieve and cut into short pieces. Heat up the sauce, put in the celery and macaroni, season with white pepper and nutmeg, and let the whole simmer gently for 15 minutes or longer. Great care must be taken not to break the celery or macaroni. Dish up on a hot dish, and serve.

TIME.—¾ of an hour. AVERAGE COST, 1s. *3d.* SUFFICIENT for 6 persons. SEASONABLE, November to February.

CELERY, BRAISED.

INGREDIENTS.—3 or 4 heads of celery, seasoning, ½ pint of rich stock, 2 or 3 slices of streaky bacon, a little Brown or Espagnole Sauce, and a small piece of meat glaze.

METHOD.—Trim and wash the celery, cut each head into 2 or 3 portions, and tie up each with 4-inch lengths of thin twine. Range them in a well-buttered sauté-pan, season with salt, pepper and nutmeg, and moisten with the stock. Cut the bacon into strips, fry them a little, and put these on top of the celery. Cover the pan, and put it in a hot oven to cook its contents for about 30 minutes. When done, take up, drain the celery, and reduce the liquor or stock, adding a little brown or Espagnole sauce to it; also the meat glaze. Dress the celery on a vegetable dish, strain over some of the sauce, and serve hot.

Time.—1 hour. Average Cost, 1s. *6d.* Sufficient for 6 or 7 persons. Seasonable, November to February.

CELERY CREAM WITH CROÛTONS.

Ingredients.—3 heads of celery, 4 ozs. of butter, 3 ozs. of flour, 2 quarts of first stock, 1 pint of milk, ½ pint of cream, salt, pepper, and nutmeg, ½ a teaspoonful of castor sugar, croûtons of fried bread.

Method.—Trim the celery, pare off the green parts and wash thoroughly, cut it into small pieces, and blanch in slightly salted water. Drain well, and return to the stewpan with 3 ozs. of butter. Cook for a few minutes over a brisk fire without allowing the ingredients to brown ; moisten with a little stock, add salt, pepper, and nutmeg to taste, cover, and simmer slowly for 30 minutes. Mix the flour with the remainder of the butter in another stewpan, and cook a little without browning. Dilute with the milk, add the stock and partly-cooked celery. Let it simmer until the celery is tender, then pass the whole through a fine sieve. Boil again, skim, add the sugar and more seasoning if needed, and lastly the cream. Re-heat the compound, without allowing it to boil, and pour into a soup tureen. Serve the bread croûtons separately.

Time.—About 1½ hours. Average Cost, 4*s.* Seasonable from September to February. Sufficient for 8 to 10 persons.

CELERY CROQUETTES.

Ingredients.—2 heads of celery, stock, 1 oz. of butter, 1 oz. of flour, 1 shallot, 1 gill of milk, seasoning, 2 yolks of eggs, egg and breadcrumbs, fat for frying.

Method.—Trim and wash the celery, and cut into short pieces, blanch them in salted water, and drain, then cook till tender in well-seasoned stock. Drain the cooked celery, and chop it rather finely. Melt the butter in a stewpan, add the shallot (chopped), and fry a little, stir in the flour, blend these together, and gradually add a gill of milk. Stir till it boils, and put in the chopped celery. Season with salt and pepper, and cook for 15 minutes, adding the egg yolks at the last. Spread the mixture on a dish and let it get cold. Make up into croquettes—cork or ball shapes—egg and crumb them, fry in hot fat to a golden colour, drain them on a cloth or paper, and dish up.

Time.—1 hour. Average Cost, 1*s.* 2*d.* to 1*s.* 4*d.* Sufficient for 6 or 7 persons.

CELERY, FRIED.

Ingredients.—Celery, frying-batter, frying-fat.

Method.—Prepare and boil the celery, as directed in Celery with White Sauce, and cut it into short lengths. Have ready some frying-batter and a deep pan of hot fat, dip each piece of celery separately into the batter, and fry until crisp and lightly-browned. Drain well, and serve at once.

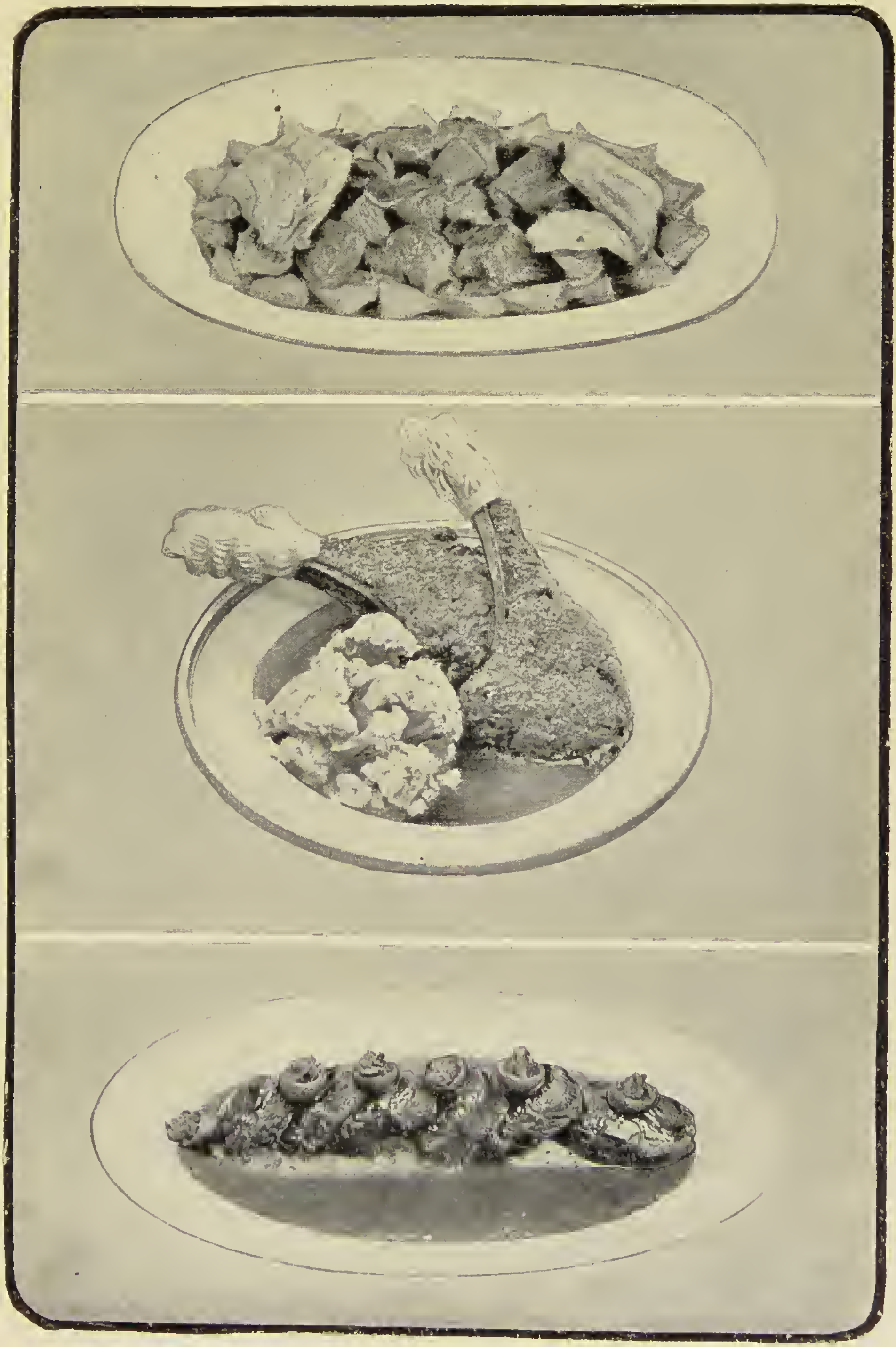
Time.—To fry the celery, from 4 to 5 minutes. Average Cost, 2*d.* to 3*d.* per head. Sufficient, allow 1 head for 2 persons. Seasonable from September to February.

CELERY FRITTERS, CURRIED.

Ingredients.—Celery, Béchamel sauce, curry-paste, curry-powder, frying-batter, salt.

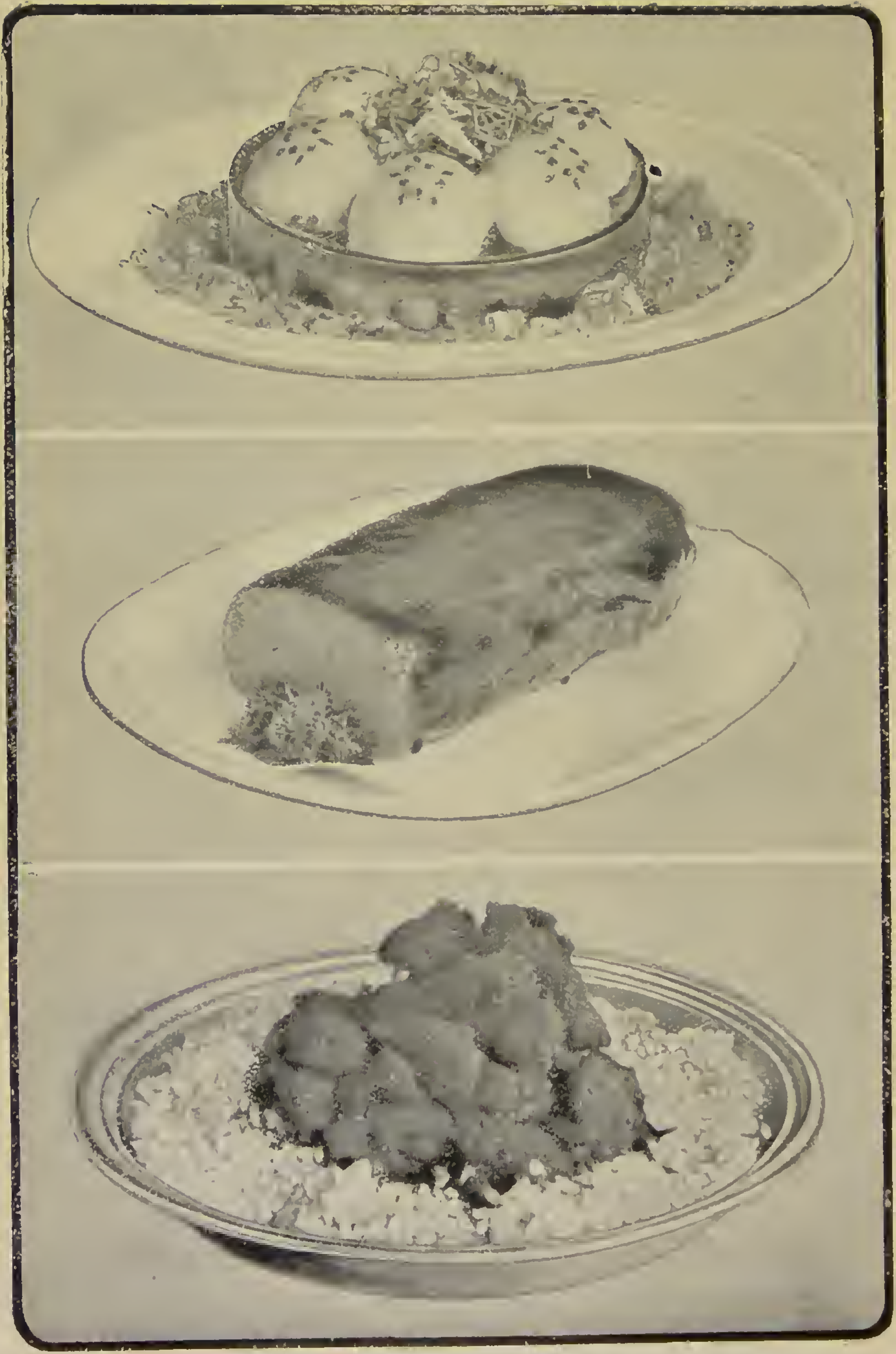
Method.—Wash and clean some white celery, cut it into 2-inch pieces, and cook it till tender in

ENTRÉES. No. 4.



1. Ragoût of Veal. 2. Mutton Cutlets with Cauliflower. 3. Tournedos Beef with Stuffed Olives.

ENTREES. No. 5.



1. Sweetbreads in Aspic Border. 2. Beef Roll, or Galantine.
3. Curried Beef and Rice.

stock or salted water. Drain the pieces on a sieve. When cold toss it in the thick Béchamel sauce, previously mixed with Mulligatawny or curry-paste: the pieces must be thoroughly coated with sauce. Dip each piece in batter; drop into boiling fat, fry a golden colour, and drain on a cloth or paper. Sprinkle with fine salt mixed with a little curry-powder (just enough to colour it), dish up on a folded napkin, and send to table immediately.

Asparagus, cucumber, or marrow may be treated in the same manner. Instead of using batter, they may be egged and rolled in breadcrumbs, though this is rather more difficult than the former method.

TIME.—About 1½ hours. AVERAGE COST, 1*s*. 6*d*. for 1 dish. SEASONABLE from September to February.

CELERY, RAGOÛT OF.

INGREDIENTS.—2 or 3 heads of celery, 1 pint of white stock, ½ pint of milk, 2 tablespoonfuls of cream, 1 medium-sized Spanish onion, 24 button onions, 1 dessertspoonful of finely-chopped parsley, 2 ozs. of butter, 2 ozs. of flour, salt and pepper.

METHOD.—Wash and trim the celery, cut each stick into pieces about 2 inches long, cover with cold water, bring to the boil, and pour the water away. Put in the stock, the Spanish onion finely-chopped, season with salt and pepper, and cook gently for about ½ an hour. Meanwhile, skin the onions, fry them in hot butter, but very slowly, to prevent them taking colour, drain well from fat, and keep them hot. Add the flour to the butter, and fry for a few minutes without browning. Take up the celery, add the strained stock to the milk, pour both on to the roux or mixture of flour and butter, and stir until boiling. Season to taste, add the cream, and ½ the parsley, arrange the celery in a circle on a hot dish, pour over the sauce, pile the onions high in the centre, sprinkle over them the remainder of the parsley, and serve. The celery may also be served on croûtes of fried or toasted bread, arranged in rows with the onions piled between them. A nice change may be made by substituting mushrooms for the onions.

TIME.—About 45 minutes. AVERAGE COST, 1*s*. 10*d*. to 2*s*. 3*d*. SEASONABLE from September to February. SUFFICIENT for 4 or 5 persons.

CELERY SANDWICHES.

INGREDIENTS.—Very finely-shredded celery, cream, salt and pepper, thin slices of buttered white bread.

METHOD.—Moisten the celery slightly with cream, season to taste, place a thin layer between slices of bread and butter, and serve.

CELERY SAUCE.

INGREDIENTS.—¾ pint of melted butter, 1 head of celery (the white part only), salt and pepper.

METHOD.—Wash the celery and chop it coarsely. Put it into a stewpan with barely sufficient water to cover it, and simmer for ½ an hour. Stir occasionally as the water evaporates, and the celery becomes rather dry. Add the melted butter, stir until it boils, season to taste, and serve.

TIME.—1 hour. AVERAGE COST, 5*d*. SUFFICIENT for a boiled turkey.

CELERY SOUP (Economical).

INGREDIENTS.—2 pints of water, 1 pint of milk, 2 ozs. of lean bacon or ham, 1 oz. of butter, 1½ tablespoonfuls of flour, 1 large head of celery, 2 onions, salt and pepper.

METHOD.—Cut the ham into dice or cubes, slice the onion and celery, Melt the butter in a stewpan, fry the vegetables without browning, put in the bacon, salt, pepper and water, and simmer for 30 to 40 minutes, or until the celery is tender. Strain, rub through a fine sieve, return to the saucepan, add the milk and bring to the boil. Mix the flour with a little milk, stir and cook for 5 or 6 minutes, then season to taste and serve.

TIME.—About 1 hour. AVERAGE COST, *6d.* to *8d.* SEASONABLE from September to February. SUFFICIENT for 6 persons.

CELERY, STEWED

(*See* **Celery, Ragoût of**)

CELERY WITH CREAM.

INGREDIENTS.—2 or 3 heads of celery, 1½ pints of milk, 2 tablespoonfuls of cream, 1 teaspoonful of lemon-juice, 1½ ozs. of butter, 2 ozs. of flour, 1 medium-sized onion, finely-chopped, salt and pepper.

METHOD.—Prepare the celery as in the preceding recipe. Put it into cold water, bring to the boil, then drain off the water, add the milk and onion, season to taste, and simmer gently for about ½ an hour. Meanwhile, melt the butter in another stewpan, stir in the flour, and cook for a few minutes without browning. Take up the celery and keep it hot; strain the milk on to the roux or mixture of flour and butter, and stir until boiling. Rub the onion that was cooked with the celery through a hair sieve, add it with the cream and lemon-juice to the sauce, season to taste, and simmer for about 5 minutes. Arrange the celery neatly on a hot dish, pour the sauce over, and serve hot.

TIME.—About 1 hour. AVERAGE COST, 1*s.* 3*d.* SEASONABLE from September to February.

CELERY WITH WHITE SAUCE.

INGREDIENTS.—2 or 3 heads of celery, ½ pint of white sauce, salt, toast.

METHOD.—Wash the celery, remove the outer stalks and the greater part of the root, trim away the green tops, and cut each head lengthwise into four. Have ready a saucepan of slightly-salted boiling water, put in the celery, and cook from 30 to 35 minutes, or until the root may be easily pierced with a skewer. Drain well, dish on the toast, pour over the sauce, and serve.

TIME.—From 30 to 35 minutes. AVERAGE COST, from *2d.* per head. SEASONABLE from September to February.

CHAMPAGNE CUP.

INGREDIENTS.—1 bottle of champagne, 1 liqueur glass of brandy, 2 bottles of seltzer or soda water, ½ a teaspoonful of Maraschino, a few fine strips of lemon peel.

METHOD.—When the time permits it is much better to ice the liquor which forms the basis of a "cooling cup" than to reduce the temperature by adding crushed ice. Place the champagne and seltzer water in a deep vessel, surround them with ice, cover them with a wet woollen cloth, and let them remain for 1 hour. When ready to serve, put the strips of lemon-rind into a large glass jug, add the Maraschino and liqueur brandy, pour in the soda water and serve at once. If liked, a teaspoonful of castor sugar may be added, but it should be stirred in gradually, otherwise the wine may overflow.

CHAMPAGNE JELLY.

INGREDIENTS.—1 pint of water, ¼ pint of champagne, ¼ pint of sherry, 6 ozs. of loaf sugar, 1½ ozs. of gelatine, the juice and finely-cut rind of 1 lemon, the juice and finely-cut rind of 1 small orange, 2 cloves, 1 inch of cinnamon, the white and shell of 1 egg.

METHOD.—Put all these ingredients into a stewpan, and bring to the boil, stirring meanwhile. Simmer for about 10 minutes, strain through a hot jelly-bag or cloth, and pour into a wetted mould. When firm turn out.

TIME.—About 40 minutes. AVERAGE COST, 2*s.* to 2*s.* 6*d.* SUFFICIENT for 1½ pints of jelly.

CHARLOTTE RUSSE.

INGREDIENTS.—½ pint of cream, ¼ pint of milk, ¼ oz. of leaf gelatine, 1 tablespoonful of brandy or sherry, 1 dessertspoonful of castor sugar, vanilla essence, Savoy or finger biscuits, jelly, cherries, angelica, or other decoration.

METHOD.—Cover the bottom of a charlotte mould thinly with jelly, and when set garnish with strips of angelica and halved cherries. Cover with jelly to the depth of about ½ inch, let the jelly set, then line the mouth with Savoy biscuits. Dissolve the gelatine and sugar in the milk, then strain it and add the brandy and vanilla essence to taste. When cool stir into the stiffly-whipped cream. Pour into the prepared mould, and set on ice or in a cool place until firm.

TIME.—From 15 to 20 minutes, after the mould is prepared. AVERAGE COST, 1*s.* 6*d.* to 1*s.* 9*d.* SUFFICIENT for 1 medium-sized mould.

Note.—If preferred, the bottom of the tin may be lined with biscuits cut to the shape of the mould.

CHEESE.

When a whole cheese is bought, and it is necessary to preserve some portion of it for a considerable time, it will be found a good plan to keep the cut surfaces of the cheese covered with well-buttered paper. The rind of the cheese should be left exposed to the air, and it should be turned frequently and its surface well rubbed first with a dry cloth and afterwards with melted fat or oil. To keep moist, a piece of cheese that is in daily use, when it comes from the table wrap it at once in a damp cloth, preferably damped with beer, and keep it in a nearly air-tight tin or other receptacle.

CHEESE BALLS.

INGREDIENTS.—2 ozs. of grated Cheshire or Cheddar cheese, 1 oz. of flour, 1 egg, salt, pepper, cayenne, frying-fat.

METHOD.—Mix the cheese, flour, and yolk of egg together, add salt, pepper, and cayenne to taste, then whip the white of the egg to a stiff froth and stir it lightly into the rest of the ingredients. Have ready a deep pan of hot fat, drop in the mixture in teaspoonfuls and fry until nicely browned. Drain well, and dish in a pyramidal form on a folded serviette or dish paper.

PROBABLE COST, 3*d.* or 4*d.* SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

CHEESE BISCUITS.

INGREDIENTS.—12 water biscuits, 2 tablespoonfuls of grated Cheshire or Cheddar cheese, butter, white pepper, Krona pepper.

METHOD.—Spread the biscuits with butter, sprinkle them liberally with cheese, season well with white pepper, and, if convenient, add also a little Krona pepper. Place the biscuits in a moderate oven until the cheese melts, then serve them as quickly as possible.

Time.—10 minutes. Average Cost, 6*d*. Sufficient for 5 or 6 persons. Seasonable at any time.

CHEESE BISCUITS (Another Method).

Ingredients.—3 ozs. of grated cheese, 2 ozs. of butter, 3 ozs. of flour, 1 yolk of egg, cayenne, pepper and salt.

Method.—Rub the butter into the flour, add the cheese, season to taste, and mix into a stiff dough with the yolk of egg. Roll out the dough to rather less than a ¼ inch in thickness, stamp it into rounds or cut it into fingers, and bake in a quick oven until crisp. The biscuits will keep for a long time in a tin, and can be heated when wanted.

Time.—¾ hour. Average Cost, 5*d*. Sufficient, allow 2 to each person.

CHEESECAKES, FOLKESTONE.

Ingredients.—1 pint of milk, 4 ozs. of sugar, 3 ozs. of ground rice, 2 ozs. of butter, 2 ozs. of currants cleaned and picked, the grated rind of 1 lemon, salt, paste.

Method.—Simmer the ground rice in the milk for ½ an hour, then stir in the butter, sugar, lemon-rind, the well-beaten eggs, a good pinch of salt, and stir and cook by the side of the fire until the mixture thickens. Now let it cool slightly, and meanwhile line the patty-pans with paste, and unless the oven has a good bottom heat, half bake them before putting in the mixture (*see* Cherry Tartlets). When ready, fill them with the cheesecake preparation, sprinkle a few currants on the top of each cake, and bake from 25 to 30 minutes in a brisk oven.

Time.—From 1¼ to 1½ hours. Average Cost, 7*d*., exclusive of the paste. Sufficient for 12 large cheesecakes.

CHEESE FRITTERS.

Ingredients.—Cheshire or Cheddar cheese, clarified butter, Krona pepper, cayenne pepper, frying-batter, frying-fat.

Method.—Trim 8 or 9 ½-inch slices of cheese into pieces 2 inches long and 1 inch wide, pour over them a little clarified butter, sprinkle well with Krona pepper, and let them remain ½ an hour, during which time they must be turned once and seasoned as before. Prepare the batter as directed, season with cayenne pepper, dip in the pieces of cheese, and fry them in deep fat, but not too thickly, as the cheese should be well cooked. Serve quickly.

Time.—1 hour. Average Cost, 1*s*. Sufficient for 6 or 7 persons. Seasonable at any time.

CHEESE, METHODS OF SERVING.

There are several methods of serving cheese. In large establishments, where 3 or 4 kinds are in daily use, it is a convenient plan to hand the butter and biscuits in a dual dish, and ask what cheese will be eaten with them. Each piece of cheese should, of course, be arranged on a folded napkin, raised at the sides to conceal some of the lower portion of the cheese. When only one kind of cheese is in use, and the number to be served is considerable, the easiest and most economical method is to use dishes with three divisions, and fill one of them with small, square pieces of cheese, and the other two respectively with butter and biscuits. In small households, it is more economical to place the cheese on the table in the piece, and cut off from it what is required.

CHEESE OMELET.

INGREDIENTS.—3 eggs, 1 tablespoonful of grated Parmesan cheese, 1 tablespoonful of cream or milk, 1 oz. of clarified butter, pepper and salt.

METHOD.—Whisk the eggs well, then add the cheese, cream, and a little salt and pepper. Have the butter ready, heated and well skimmed, in an omelette-pan, pour in the egg-mixture, and stir over the fire until the eggs begin to set. Now fold one half over the other, making it crescent-shaped, or fold the sides towards the middle in the form of a cushion. Allow the omelet to brown slightly, then turn it on to a hot dish, and serve immediately.

TIME.—10 minutes. AVERAGE COST, 8*d*. SUFFICIENT for 2 persons. SEASONABLE at any time.

CHEESE PATTIES.

INGREDIENTS.—1 tablespoonful of grated Parmesan cheese, 1½ tablespoonfuls of grated Cheshire or Cheddar cheese, 1 tablespoonful of cream, 2 tablespoonfuls of thick white sauce, 1 white of egg, puff paste, Krona pepper, cayenne, salt.

METHOD.—Prepare 8 patty-cases, 1½ inches in diameter, when baked, remove and preserve the lids, scoop out the soft inside, and keep the cases hot. Stir the cream, sauce, and cheese over the fire until the latter melts, then add cayenne and salt to taste, and fill the cases with the preparation. Add a little grated cheese to the stiffly-whisked white of egg, arrange it roughly in the centre of each patty, sprinkle on a little Krona pepper, and place in a moderate oven until the méringue becomes crisp and lightly browned.

TIME.—1 hour. AVERAGE COST, 7*d*., exclusive of the paste. SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

CHEESE PATTIES (Another Method).

INGREDIENTS.—4 ozs. of grated cheese, 1 oz. of butter, 1 oz. of flour, ½ pint of milk, 4 eggs, salt and cayenne, a little puff paste.

METHOD.—Melt the butter in a stewpan, stir in the flour, add the milk, and boil for 3 or 4 minutes, stirring meanwhile. Let the mixture cool slightly, stir in the yolks of eggs, cook gently for 2 or 3 minutes, but do not allow it to boil. Add the cheese, season to taste, then stir in as lightly as possible the previously stiffly-whipped whites of eggs. Have ready some patty-pans lined with thinly rolled out puff paste, fill with the mixture, and bake in a quick oven.

TIME.—20 minutes. AVERAGE COST, 9*d*. to 10*d*. SUFFICIENT for 9 persons.

CHEESE, POTTED.

INGREDIENTS.—3 lbs. of Cheshire or Cheddar cheese, ½ lb. of butter, ¼ pint of Chablis or Sauterne, ½ a teaspoonful of ground mace, a good pinch of cayenne pepper, clarified butter.

METHOD.—Remove the rind, cut the cheese into small pieces, pound it in a mortar until smooth, adding the ½ lb. of butter gradually. Season to taste, stir in the wine, press the preparation into small pots, and cover with clarified butter. Store in a cool, dry place.

TIME.—1½ hours. AVERAGE COST, 3*s*. 9*d*. to 4*s*. SUFFICIENT for 9 pots.

CHEESE PUDDING.

INGREDIENTS.—4 ozs. of grated cheese, 1 oz. of breadcrumbs, ½ pint of milk, 2 eggs, made mustard, salt, cayenne.

METHOD.—Beat the eggs slightly, and add to them the cheese, mustard, salt and pepper to taste. Boil the milk, add it to the rest of the ingredients, pour into a buttered baking-dish in which it may be served and bake for about 20 minutes in a brisk oven. If preferred, the mixture may be baked in small china or paper soufflé cases, in which case, only half the time should be allowed.

TIME.—About ½ an hour. AVERAGE COST, *7d.* or *8d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

CHEESE PUDDING (An old Dutch Recipe).

INGREDIENTS.—½ lb. of grated cheese, ½ oz. of butter oiled, ¼ pint of cream or milk, 1 teaspoonful of made mustard, salt, cayenne pepper, 1 egg.

METHOD.—Beat the egg, add to it the mustard, cream or milk, butter, cheese, and a liberal seasoning of salt and cayenne, and mix well. Turn into a buttered dish, and bake gently from 20 to 25 minutes.

TIME.—To bake, from 20 to 25 minutes. AVERAGE COST, *9d.* to 1s. SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

CHEESE RINGS.

INGREDIENTS.—Cheese paste (*see* the two recipes for Cheese Straws).

METHOD.—Make the paste as directed, stamp it into rounds about 2 inches in diameter, and with a much smaller cutter remove the centre of each round. Bake them in a moderate oven, and serve hot.

TIME.—20 minutes. AVERAGE COST, from *7d.* to *9d.* SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

CHEESE SANDWICHES.

INGREDIENTS.—Cheshire or Cheddar cheese, butter, anchovy essence or paste, white or brown bread, salt and pepper, cayenne.

METHOD.—Grate the cheese finely, then either pound or work it until smooth with a little seasoning, anchovy essence, or paste, and as much butter as is needed to form the whole into a soft paste. Have ready some thin slices of bread and butter, spread the cheese preparation on half of them, cover with the remainder, press well, trim, and cut into the desired shape.

CHEESE SANDWICHES (Another Method).

INGREDIENTS.—Thin slices of cheese, brown bread, butter.

METHOD.—Cut thin slices of bread from a brown loaf at least one day old, and spread them liberally with butter. Cover half the prepared slices with thin slices of cheese, cover with the remaining half, and cut into squares or triangles. Place them in a moderately hot oven on a buttered baking-sheet, and when both sides of the bread are crisp and brown, arrange the sandwiches neatly on a hot dish, and serve as quickly as possible.

TIME.—20 minutes. AVERAGE COST, *6d.* SUFFICIENT for 5 persons.

CHEESE SAUCE.

INGREDIENTS.—¾ pint of milk, ¾ oz. of butter, ¾ oz. of flour, 1 tablespoonful of finely-grated cheese, salt and pepper.

METHOD.—Melt the butter in a stewpan, add the flour, stir and cook the mixture for 5 minutes without browning, and add the milk. Season to taste, simmer gently for 10 minutes, then stir in the cheese, and use as required.

Time.—20 minutes. Average Cost, 5*d.* or 6*d.*

CHEESE SOUFFLÉ.

Ingredients.—3 ozs. of grated Parmesan cheese, 1 oz. of butter, 1 oz. of flour, 3 whites of eggs, 2 yolks of eggs, ¼ pint of milk, cayenne, salt, clarified butter.

Method.—Coat a soufflé-mould well with clarified butter, and tie round it a well-buttered, thickly-folded piece of paper to support the soufflé when it rises above the level of the tin. Melt the butter in a stewpan, stir in the flour, add the milk, and boil well. Now mix in, off the fire, the 2 yolks of eggs, beat well, then stir in the cheese, and add seasoning to taste. Whisk the whites to a stiff froth, add them lightly to the rest of the ingredients, pour the preparation into the soufflé-tin, and bake in a hot oven from 25 to 30 minutes. Serve in the tin in which it is baked, and if not provided with an outer case, pin round it a napkin (previously warmed), and send to table quickly.

Time.—From 40 to 50 minutes. Average Cost, 1*s.* 2*d.* Sufficient for 5 or 6 persons. Seasonable at any time.

CHEESE STRAWS.

Ingredients.—1 oz. of finely-grated cheese, 1 oz. of butter, 1 oz. of breadcrumbs, 1 oz. of flour, a good pinch of salt, a small pinch of cayenne, water.

Method.—Rub the butter into the flour, add the breadcrumbs, cheese, cayenne, and salt, and just sufficient cold water to mix into a stiff paste. Roll the paste out to about ¼ inch in thickness, cut it into strips about 3 inches long and ¼ inch wide, and place the strips on a greased baking-sheet. Bake in a moderately cool oven until crisp, and serve either hot or cold.

Time.—¼ of an hour. Average Cost, 4½*d.* Sufficient for 5 persons.

CHEESE STRAWS (Another Method).

Ingredients.—2 ozs. of butter, 2½ ozs. of flour, 2 ozs. of Parmesan cheese, 1 oz. of Cheshire or Cheddar cheese, the yolk of 1 egg, salt, cayenne pepper.

Method.—Grate the cheese, mix it with the flour, rub in the butter, and season with salt and cayenne pepper. Now form into a stiff paste with the yolk of egg and cold water, adding the latter gradually until the desired consistency is obtained. Roll out thinly, cut into strips about 4 inches long and about ⅛ inch wide, and from the trimmings stamp out some rings about 1¼ inches in diameter. Bake in a moderate oven until crisp, fill each ring with straws, and arrange them neatly on a dish covered with a napkin or dish-paper.

Time.—½ an hour. Average Cost, 9*d.* Sufficient for 6 or 7 persons. Seasonable at any time.

CHEESE, TOASTED.

Ingredients.—6 ozs. of Cheshire or Cheddar cheese, 1 oz. of butter, 1 mustardspoonful of dry mustard, cayenne, buttered toast.

Method. — Knead the butter, mustard, and a good pinch of cayenne well together on a plate. Prepare one slice of buttered toast, trim the edges, cover with half the cheese sliced very thinly, and spread on half the butter. Now add the remainder of the slices of cheese, cover with butter as above, and cook in a Dutch oven before the fire until the cheese is melted. Serve as hot as possible.

Time.—20 minutes. Average Cost, *7d.* or *8d.* Sufficient for 2 persons. Seasonable at any time.

CHEESE, TOASTED (Another Method).

Ingredients.—Cheese, butter, ale or stout, mustard, pepper, toast.

Method.—To serve this dish in perfection either a chafing-dish or an old-fashioned cheese-toaster with an outer dish containing boiling water is needed. Cut the cheese into thin slices, place them in the cheese-toaster, spread on a little mustard, season them with pepper, and, unless the cheese be very rich, add the butter broken into small pieces. Pour over the whole 2 or 3 tablespoonfuls of ale or stout (milk may be substituted), stand the dish on a hot place or in a moderately hot oven, and cook until the cheese is melted. Serve at once in the hot-water dish, and hand crisp dry toast separately.

Time.—10 minutes. Average Cost, *3d.* Sufficient for 1 person.

CHEESE, TOASTED (Another Method).

Ingredients.—Cheshire or Cheddar cheese, bread, butter, mustard, and pepper.

Method.—Cut the bread into slices about ½ an inch in thickness, toast them, trim off the crust, and cut each slice across into 4 squares. Cover each square with a thin slice of cheese toasted on one side, place them before a sharp fire or in a moderately hot oven, and serve as soon as sufficiently toasted.

CHERRIES, PICKLED.

Ingredients.—Sound, not over-ripe Kentish cherries, good vinegar to cover them, to each quart of vinegar allow 1 lb. of sugar.

Method.—Leave 1 inch of the stalks on the cherries, and pack them lightly in jars. Boil the vinegar and sugar together, pour it whilst hot over the fruit, and when cold tie paper over the jars. Let them stand in a cool place for 1 week, then drain off the vinegar, boil and skim well, and again pour while hot over the fruit. When cold cover closely, and keep in a cool, dry place.

Time.—7 days. Average Cost, from *4d.* to *6d.* per lb.

CHERRY BRANDY.

Ingredients.—Sound, not over-ripe Morella cherries. To each 1 lb. allow 3 ozs. of best castor, or pounded loaf sugar, good French brandy to cover them.

Method.—Cut off the stalks, leaving them about ½ an inch in length, wipe the cherries with a soft cloth, and put them into perfectly dry wide-necked bottles. Rather more than half fill the bottles, and place the fruit and sugar in alternate layers. Fill the bottles with brandy, cork them closely, and cover the tops with melted wax or bladder. Keep for at least 2 months before using.

CHERRY CREAM ICE.

Ingredients.—1 pint of custard, (*see* Custard for Cream Ices), ¾ lb. of ripe cherries, 2 ozs. of castor sugar, the juice of 1 lemon, 1 tablespoonful of Kirschwasser or other liqueur, carmine.

Method.—Stone the fruit, crack the stones, take out the kernels, place both cherries and kernels in a basin, add the sugar, lemon-juice, Kirschwasser, cover, and let the preparation stand for ½ an hour. Then pour all into a copper stewpan, add ½ pint of water, cook until the cherries are tender, and rub through a fine sieve. Add the prepared custard and a few drops of carmine, and freeze in the usual way.

Time.—About 2 hours. Average Cost, 1*s.* 3*d.* to 2*s.* Sufficient for 7 or 8 persons.

CHERRY JAM.

Ingredients.—Sound, ripe cooking cherries, an equal quantity of preserving sugar; to each lb. of fruit allow ¼ pint of red-currant juice or water, or the two mixed in any proportions that may be convenient.

Method.—Remove the stones, keeping the cherries as whole as possible, and preserve the kernels. Put the red-currant juice or water into a preserving-pan with the sugar, and boil to a syrup. Add the cherries and kernels, and simmer gently until the cherries are tender, but not broken, and the juice jellies almost immediately when a little is poured on a cold plate. Pour into jars, cover with paper dipped in brandy, and stretch over the top tissue paper brushed over with white of egg. Store in a cool, dry place.

Time.—About 1 hour. Average Cost, about 8*d.* per lb.

CHERRY PUDDING.

Ingredients.—1 lb. of cooking cherries, 3 tablespoonfuls of moist sugar, 1 inch of cinnamon, 3 ozs. of flour, 2 ozs. of castor sugar, 4 eggs, 1 gill of cream, 2 tablespoonfuls of milk (about), the grated rind of ½ a lemon, salt.

Method.—Stone the cherries by means of a wooden skewer, put them with the cinnamon, 2 tablespoonfuls of cold water, and the moist sugar, into a jar placed in a saucepan containing boiling water, cook until tender, and allow them to cool. Heat the cream, add the flour, previously blended smoothly with the milk, boil well, then add the sugar and a good pinch of salt. Let it cool slightly, then beat in the yolks of eggs separately, add the lemon-rind, and lastly the stiffly-whipped whites of eggs. Have ready a well-buttered plain mould, place a layer of cherries on the bottom, then a layer of the mixture, and repeat until the mould is full. Cover with a greased paper, and bake in a moderately hot oven for about 40 minutes. Serve with a sweet sauce or fruit syrup.

Time.—About 1½ hours. Average Cost, 1*s.* 3*d.* Sufficient for 5 or 6 persons.

CHERRY TARTLETS.

Ingredients.—½ lb. of short crust paste, 1 lb. of cooking cherries, 2 tablespoonfuls of moist sugar, 2 large or 3 small eggs, castor sugar.

Method.—Remove the stalks from the cherries, put them into a small stewjar, with the moist sugar, stand the jar in a saucepan, surround it with boiling water, and cook until the cherries are tender. Meanwhile, line 10 or 12 deep patty-pans with the paste, fill them with rice, placing a buttered paper between it and the paste, and bake in a quick oven. When the cherries are sufficiently cooked, strain off the syrup into a small stewpan, add the yolks of eggs, previously beaten, and stir by the side of the fire until the custard thickens. Fill the patty-cases with cherries, cover with a layer of custard, on the top spread a little stiffly-whipped white of egg, and sprinkle with castor sugar. Replace in the oven until the white of egg hardens, and acquires a little colour, then serve hot or cold.

TIME.—1¼ to 1½ hours. AVERAGE COST, 1*s.* to 1*s.* 3*d.* SUFFICIENT for 10 or 12 tartlets.

CHERRY WATER ICE.

INGREDIENTS.—1½ lbs. of good cooking cherries, 1½ pints of syrup, 1 tablespoonful of lemon-juice, 1 tablespoonful of Kirsch, carmine or cochineal.

METHOD.—Stone the cherries, and from about a quarter of the stones remove the kernels and pound them finely. Pour the syrup when boiling over the cherries and kernels, let it stand closely covered until cold, then add the Kirsch, lemon-juice, and a few drops of carmine. Freeze in the usual way.

TIME.—Altogether, about 2 hours. AVERAGE COST, 1*s.* 9*d.* SUFFICIENT for 8 or 9 persons.

CHERRY WINE.

INGREDIENTS. — Ripe cherries. To each quart of juice extracted from them add a pinch each of ground mace, ground cloves, and ground allspice, ½ pint of brandy, and ½ pint of rum.

METHOD.—Stone the cherries, put them into a large jar, place it in a saucepan of boiling water, and cook gently until the juice is all extracted. Then strain it into a preserving-pan, add sugar and flavouring ingredients in the proportion stated above, and boil and skim until clear. Let it cool, add the spirits, pour into bottles, cork them closely, and use as required.

CHERVIL.

This umbelliferous plant is used as a flavouring agent in entrées, sauces, and soups, its peculiar flavour being greatly appreciated by many. But it is still more usefully employed for decorative purposes, its small, pretty, delicately-tinted leaves being invaluable as a means of introducing a green garniture to chaudfroids, savouries, salads, etc. In Scotland and in the north of England this plant is commonly called Myrrh.

CHESTER PUDDING.

INGREDIENTS.—4 eggs, 2 ozs. of castor sugar, 2 ozs. of butter warmed, 1 tablespoonful of ground almonds, essence of bitter almonds, 1 lemon, short crust paste.

METHOD.—Stir the yolks of the eggs and sugar together until thick and smooth, add the butter, almonds, a few drops of almond essence, and the finely-grated rind and juice of the lemon. Have ready a small piedish lined with paste, pour in the mixture, and bake gently for 20 minutes, or until set. Whip the whites stiffly, pile them on the pudding, dredge liberally with castor sugar, replace in the oven, and bake gently until the whites harden and acquire a little colour. Serve either hot or cold.

TIME.—¾ of an hour. AVERAGE COST, 1*s.* 3*d.* SUFFICIENT for 3 or 4 persons.

CHESTNUT AMBER.

INGREDIENTS.—½ pint of chestnuts, ½ pint of milk, 2 ozs. of breadcrumbs, 1 oz. of castor sugar, 1 oz. of butter, 2 eggs, 1 lemon, vanilla essence, puff paste.

METHOD.—Bake or roast the chestnuts for about 20 minutes, and remove the skins. Put them into a stewpan, with just sufficient water to cover the bottom of the pan, simmer gently until tender, and rub through a fine sieve. Simmer the thinly-cut rind of the lemon and the milk for 15 or 20 minutes, and strain it over the breadcrumbs. Cream the butter and sugar together, until thick and smooth, add the yolks of the eggs, the juice of the lemon, a few drops of vanilla essence, and stir in the chestnuts, breadcrumbs, and milk. Have the piedish ready lined with paste, as directed for Apple Amber, pour in the mixture, and bake in a moderately hot oven from 25 to 30 minutes, or until the mixture is firm and brown, and the paste sufficiently cooked. Whip the whites to a stiff froth, sweeten with a little sugar, pile lightly on the top of the pudding, and dredge well with castor sugar. Return to the oven until the meringue is set and acquires a little colour.

TIME.—From 1¼ to 1½ hours. AVERAGE COST, about 1*s.* SUFFICIENT for 5 or 6 persons.

CHESTNUT CREAM.

INGREDIENTS.—1 lb. of chestnuts, 1½ pints of milk, ½ pint of cream, 4 ozs. of castor sugar, ¾ oz. of gelatine, 4 yolks of eggs, the thinly-cut rind of one lemon, a vanilla pod, 1 wineglassful of Maraschino, carmine or cochineal.

METHOD.—Shell, parboil, and skin the chestnuts, put them into a stewpan with 1 pint of milk, the lemon-rind, and vanilla pod, simmer until tender, then rub through a fine sieve. Dissolve the sugar and gelatine in the remaining ½ pint of milk, cool slightly, then add the yolks of eggs, and stir by the side of the fire until they thicken. When cool mix with the purée, add the Maraschino, thickly-whipped cream, and the carmine drop by drop, until a pale pink colour is obtained. Pour into a decorated mould, and let it remain on ice or in a cool place until set.

TIME.—About 1½ hours. AVERAGE COST, 2*s.* 3*d.* to 2*s.* 6*d.* SUFFICIENT for 1 medium-sized mould (6 persons).

CHESTNUT CROQUETTES (Italian Dish).

INGREDIENTS.—1 lb. of chestnuts, ¼ pint of cream, ¼ pint of crême patisserie (*see* Confectioners' Custard), essence of vanilla, castor sugar, egg and breadcrumbs, frying-fat.

METHOD.—Peel and scald the chestnuts, take off the inside peel, boil them until tender, and pass through a sieve. Put the chestnut purée into a small stewpan, stir in the cream and crême patisserie, mix well over the fire, then add vanilla essence to taste, and turn the preparation on a plate to cool. When firm enough to handle, form into cork-shaped croquettes, coat carefully with egg and breadcrumbs, and fry in hot fat. Drain well, and serve sprinkled with castor sugar.

TIME.—About 1½ hours. AVERAGE COST, 1*s.* 3*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

CHESTNUT FARCE FOR ROAST TURKEY.

INGREDIENTS.—2 lbs. of chestnuts, ½ pint of stock or water, 1 oz. of butter, a good pinch of sugar, salt and pepper.

METHOD.—Cut off the tops of the chestnuts, and bake or roast them for 20 minutes. Remove both the outer and inner skins, put the chestnuts into a stewpan, add the stock (no more than will barely cover them), and simmer until they become tender and dry. Rub through a fine sieve, add the butter, salt and pepper, and use as required.

TIME.—About 1 hour. AVERAGE COST, from *7d.* to *8d.* without the stock.

CHESTNUT PUDDING.

INGREDIENTS.—6 ozs. of chestnuts (weighed after the skins are removed), 1 oz. of chocolate, 2 ozs. of cake crumbs, 2 ozs. of flour, 2 ozs. of butter, 1 oz. of castor sugar, 4 eggs, ½ pint of milk, ½ a teaspoonful of essence of vanilla.

METHOD.—Bake or roast the chestnuts, remove both skins, put them into a stewpan with a very small quantity of water, cook until tender, then rub through a fine sieve. Break the chocolate into small pieces, put it and the milk into a stewpan, and simmer until dissolved. In another stewpan melt the butter, stir in the flour, cook for 2 or 3 minutes, then add the milk, and stir until it boils. The cake crumbs must now be added, and the mixture stirred and cooked until it leaves the sides of the stewpan clear. Allow it to cool a little, then beat in the yolks of the eggs, and add the chestnut purée and the vanilla essence. Whisk the whites of eggs to a stiff froth, stir them lightly into the mixture, pour into a well-buttered mould, cover with buttered paper, and either steam for 1½ hours or bake in a moderately hot oven for 1 hour. Serve with vanilla or custard sauce.

TIME.—About 2¾ hours. AVERAGE COST, 1*s.* to 1*s.* 2*d.* SUFFICIENT for 6 or 7 persons.

CHICKEN À LA MARENGO.

INGREDIENTS.—1 chicken, ¼ pint of salad-oil, 1 pint of Espagnole sauce, the pulp of 2 ripe tomatoes, ½ a glass of sherry, 1 dozen preserved mushrooms, 6 stoned olives, 1 truffle, salt and pepper, fleurons for garnish.

METHOD.—Divide the chicken into neat pieces, and fry them in salad-oil until nicely browned, then drain well and pour away the oil. Heat up the Espagnole sauce with the tomato pulp, replace the chicken in the stewpan, add the sherry, mushrooms, and olives whole, the truffle cut into large pieces, and simmer gently for ¾ of an hour, or until the chicken is tender. When done, pile in the centre of a hot dish, strain the sauce over, and garnish with the mushrooms, olives, and truffle. Place a few fleurons, i.e., half-moon or crescent-shaped pieces of puff pastry, or croûtes of fried bread, round the dish.

TIME.—About 1½ hours. AVERAGE COST, 5*s.* 6*d.* SUFFICIENT for 3 or 4 persons.

CHICKEN AND BARLEY CREAM (Invalid Dish).

INGREDIENTS.—½ lb. of raw chicken or lean veal, ½ oz. of pearl barley, ½ pint of cold water, ½ gill of cream, salt and pepper.

METHOD.—Shred the chicken-meat or veal finely or pass it through a mincing machine. Cover the barley with cold water, boil for 2 or 3 minutes, then strain. Replace the barley in the stewpan, add the prepared meat, water, and a little salt, and cook as gently as possible from 1¾ to 2 hours. Strain, pound the meat and barley in a mortar until smooth, moistening it meanwhile with a little of the liquor in which it was cooked, and rub it through a fine sieve. Add the cream slightly whipped, season to taste, and either serve cold, or re-heat a little as required.

TIME.—2½ hours. AVERAGE COST, 9*d.*, when veal is used.

CHICKEN AND RICE SOUP (Invalid Cookery).

INGREDIENTS.—1 pint of chicken stock, ½ pint of cream, 2 tablespoonfuls of rice, salt.

METHOD.—Simmer the rice and stock together very gently for 1½ hours, then strain and return the stock to the stewpan. Add the cream, season lightly with salt, and a little pepper if allowed, bring to boiling point, and serve with thin strips of toasted bread.

TIME.—2¼ hours. AVERAGE COST, 3*s.* to 3*s.* 3*d.*

CHICKEN BROTH.

INGREDIENTS.—1 chicken, 2 quarts of cold water, 1 small onion, 1 teaspoonful of finely-chopped parsley, 1 blade of mace, 1 tablespoonful of rice (this may be omitted), salt and pepper.

METHOD.—Cut the chicken into small pieces, break the bones, scald and skin the feet and gizzard, and wash the neck and liver. Put these into a stewpan, add the water and ½ a teaspoonful of salt, bring to the boil, and skim. Add the onion and mace, and cook slowly for 3 hours. Strain, return to the stewpan, bring to the boil, sprinkle in the rice, and simmer for 20 minutes. Add the parsley, season to taste, and serve.

TIME.—3¾ to 4 hours. AVERAGE COST, 3*s.* SEASONABLE at any time. SUFFICIENT for 5 or 6 persons.

CHICKEN, CANNELONS OF.

INGREDIENTS. — Chicken croquette mixture, rough puff paste, an egg, breadcrumbs, frying-fat.

METHOD.—Roll out the paste as thinly as possible, and cut it into 1¼ or 1½ inch squares. Place a little chicken mixture in the centre of each square, and roll up rather tightly. Coat them carefully with egg and breadcrumbs, fry in hot fat until lightly browned, then drain well, and serve garnished with crisply-fried parsley.

TIME.—To fry, 5 minutes. AVERAGE COST, 2*d.* to 3*d.* each. Allow 2 or 3 to each person. SEASONABLE at any time.

CHICKEN, CASSEROLE OF.

INGREDIENTS.—1 chicken, 4 to 6 ozs. of streaky bacon, 2 ozs. of butter, 1 shallot, finely-chopped, 2 tablespoonfuls of coarsely-chopped mushrooms, preferably fresh ones, stock, 1 oz. of flour, salt and pepper.

METHOD.—Divide the chicken into neat joints. Heat 1 oz. of butter in a casserole just large enough to hold the chicken, and fry in it the bacon cut into strips. Then put in the chicken, add the shallot and mushrooms, cover, and cook slowly. Turn the pieces over, and when both sides are nicely browned add stock to barely cover, and season to taste. Knead the flour and the remaining 1 oz. of butter together, and add the mixture in small pieces, about 15 minutes before serving. The chicken should be served in the casserole, but it may, if preferred, be turned on to a hot dish.

TIME.—From 1¼ to 1½ hours. AVERAGE COST, 3*s.* to 4*s.* SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

CHICKEN, COLD, GARNISHED.

INGREDIENTS.—2 cold boiled fowls, 1 pint of Béchamel or Supreme sauce, ½ pint of aspic jelly, 1 oz. of gelatine. For garnish: dressed salad, truffle, chili, aspic jelly.

METHOD.—Divide the chickens into pieces of convenient size, skin and trim them neatly. Dissolve the gelatine, previously soaked, in a little cold water, add it to the warm Béchamel sauce, stir until cool, then pour it carefully over the pieces of chicken. Decorate with fancifully-cut pieces of truffle and chili, and when the sauce is quite set, coat with cold liquid aspic jelly, pouring it carefully over each piece with a tablespoon. Arrange in a pyramidal form on a bed of dressed salad, and garnish with slices of cucumber, tufts of endive, and cubes of aspic; or the aspic jelly may be coarsely chopped.

TIME.—1 hour. AVERAGE COST, 8*s.* to 9*s.* SUFFICIENT for 9 or 10 persons.

Note.—Considerable variety may be introduced by using tomato, Espagnole, and green chaud-froid sauces, the combination of green and white, and brown and red being particularly effective.

CHICKEN CREAM.

INGREDIENTS.—½ lb. of raw chicken, free from bone and skin, ⅛ pint of thick Béchamel sauce, ⅛ pint of double cream, 1 egg, salt and pepper, truffles.

METHOD.—Chop the chicken meat finely, pound it in a mortar until smooth, adding the egg and white sauce gradually, and pass the ingredients through a wire sieve. Whip the cream stiffly, stir it lightly in, and season to taste. Turn the mixture into 1 large or 6 or 7 very small buttered moulds and steam gently until firm. Dish up and sauce over. Serve garnished with truffles, and send a boat of Béchamel or other suitable sauce to table separately.

TIME.—To steam in 1 mould, about 30 minutes; in small moulds, about 25 minutes. AVERAGE COST, 3*s.* to 3*s.* 6*d.* SUFFICIENT for 8 or 9 persons. SEASONABLE at any time.

CHICKEN, CREPINETTES OF.

INGREDIENTS.—4 ozs. of cooked chicken, 2 ozs. of cooked ham, 4 button mushrooms, 1 truffle, 1 yolk of egg, 2 or 3 tablespoonfuls of thick white sauce, salt and pepper, pig's caul, ¼ pint of brown sauce.

METHOD.—Cut the chicken, ham, mushrooms, and truffle into shreds about 1 inch in length, add the yolk of egg to the hot sauce, season to taste, put in the shredded ingredients, stir by the side of the fire for a few minutes, then put aside until cold (this is called the Salpicon). Wash the caul in salt and water, dry it, and cut it into 4-inch squares. Enfold a dessertspoonful of the mixture in each piece of caul, form into a round shape, and either bake them in the oven for 6 minutes and brush them over with warm glaze, or coat them with egg and breadcrumbs, and fry in hot fat. Serve on a bed of spinach or purée of green peas, and pour the sauce round.

TIME.—About 1 hour. AVERAGE COST, 1*s.* 9*d.* to 2*s.* SUFFICIENT for about 4 or 5 persons.

CHICKEN CROQUETTES.

INGREDIENTS.—6 to 8 ozs. of cold chicken or fowl (boned), 2 ozs. of cooked ham or tongue, ¼ pint of stock, 1 oz. of butter, 1 oz. of flour, 1 tablespoonful of cream, 1 teaspoonful of lemon-juice, 6 button mushrooms, 1 truffle, salt and pepper, egg, breadcrumbs, frying-fat.

METHOD.—Chop the chicken and ham or tongue finely, cut the mushrooms and truffle into small pieces. Melt the butter, fry the flour without browning, add the stock, and cook well. Stir in the chicken, ham or tongue, cream, lemon-juice, mushrooms, and truffle, season with salt and pepper, and turn on to a plate to cool. Make into cork-shaped croquettes, coat carefully with egg and breadcrumbs, and fry until lightly browned in hot fat.

TIME.—1 hour. AVERAGE COST, 1*s.* 6*d.* to 2*s.* SUFFICIENT for about 6 persons.

CHICKEN, CURRIED.

INGREDIENTS.—1 chicken, ¾ pint of white stock, 2 ozs. of butter, 1 tablespoonful of curry-powder, 1 dessertspoonful of flour, 1 teaspoonful of curry paste, 1 dessertspoonful of desiccated or fresh cocoanut, 1 dessertspoonful of chutney, 1 tablespoonful of lemon-juice, 2 tablespoonfuls of cream, 1 apple, 1 onion, salt, cooked rice.

METHOD.—Divide the chicken into neat joints, and fry them lightly in hot butter. Remove them from the stewpan, put in the onion minced, fry for 2 or 3 minutes without browning, add the flour and curry-powder, stir and cook for a few minutes, then pour in the stock and stir until boiling. Replace the chicken in the stewpan, add the curry-paste, cocoanut, chutney, sliced apple, lemon-juice, and salt to taste, cover and cook very gently for about ¾ of an hour if the bird is young, or until the flesh of an older bird is tender. Arrange neatly, add the cream to the sauce, and strain over the chicken. The rice should be handed separately.

TIME.—From 1½ to 1¾ hours. AVERAGE COST, 4*s.* 6*d.* SUFFICIENT for 5 persons.

CHICKEN CUSTARD (Invalid Dish).

INGREDIENTS.—3 ozs. of raw chicken, 2 yolks of eggs, 1 white of egg, 1 gill of stock or milk, pepper and salt.

METHOD.—Shred the raw chicken finely or pass it through a mincing machine, then pound it in a mortar until smooth, adding the stock or milk gradually, and press it through a fine sieve. Beat yolks and white of egg well together, stir it into the chicken purée, and add pepper and salt to taste. Pour into well-greased china ramakin cases, cover with buttered paper, and steam very gently until firm. If allowed, serve with good white sauce.

TIME.—40 minutes. AVERAGE COST, 1*s.* 10*d.* to 2*s.*

CHICKEN CUTLETS.

INGREDIENTS.—½ lb. of cold chicken, ¼ pint of white sauce, 1 oz. of butter, ½ oz. of flour, the yolks of 2 eggs, ½ a shallot finely chopped, salt and pepper, nutmeg, egg, breadcrumbs, frying-fat.

METHOD.—Chop the chicken finely. Fry the shallot and flour in the butter without browning, add the stock, and boil well. Put in the chicken, add nutmeg, salt and pepper to taste, stir over the fire until thoroughly hot, then add the yolks of eggs, and cook the ingredients for 2 or 3 minutes longer. Cool the mixture; when firm, shape into cutlets, egg and crumb them, and fry in deep fat. Drain well, arrange them in a close circle on a dish paper, garnish with fried parsley, and serve hot, 2 to 3 ozs. of lean ham, finely chopped, may be added to the chicken if liked.

TIME.—1 hour. AVERAGE COST, 2*s.* 9*d.* SUFFICIENT for about 7 persons.

CHICKEN, DEVILLED.

INGREDIENTS.—For the devilled butter: 1½ ozs. of butter, 1 teaspoonful of chutney, ½ a teaspoonful of anchovy essence or paste, ½ a teaspoonful of lemon-juice, a good pinch of cayenne, the remains of a cold roast or boiled chicken, butter or frying-fat, fried parsley.

METHOD.—Knead the ingredients for devilled butter together on a plate, and rub them through a fine sieve. Cut the chicken into neat joints, remove all skin, and as much bone as possible, fry them in hot butter or fat until well browned, then sprinkle with salt. Spread each piece thickly with the prepared butter, garnish with crisply fried parsley, and serve.

TIME.—15 to 20 minutes. AVERAGE COST, 4*d*., exclusive of the chicken. SEASONABLE at any time.

CHICKEN ESCALOPES.

INGREDIENTS.—The legs of a large uncooked chicken, ½ lb. of lean veal, ¼ lb. of bacon (a corresponding amount of sausage-meat may be substituted for the veal and bacon), 6 mushrooms, 1 truffle, 2 yolks of eggs, 1 pint of stock, 3 ozs. of butter, 1½ ozs. of flour, 1 tablespoonful of sherry, a few drops of lemon-juice, 1 onion, 1 carrot, ½ a small turnip, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper, spinach purée.

METHOD.—When veal and bacon are used, chop and pound them smoothly, then rub through a fine sieve. Add to this purée of meat the mushrooms and truffle cut into dice, season well with salt and pepper, and bind with the 2 yolks of eggs. Bone the legs, stuff with the prepared farce or stuffing, shaping them as much like a roll as possible. Put 1½ ozs. of butter and the sliced vegetables into a stewpan, lay the chicken legs on the top, cover, and fry gently for 20 minutes. Add stock to ¾ the depth of the vegetables, place a buttered paper over the chicken legs, put on the lid, and cook gently for 1 hour. Meanwhile, melt the remaining butter, stir in the flour, and cook over the fire until a brown roux, or thickening, is formed. When the chicken legs are sufficiently cooked, remove them and keep them hot; strain the stock on to the brown roux, stir until boiling, simmer for 20 minutes, then add the sherry and lemon-juice, season to taste, and keep hot until required. Cut the chicken legs into ½-inch slices, arrange them slightly overlapping each other on the bed of spinach, strain the sauce round, and serve.

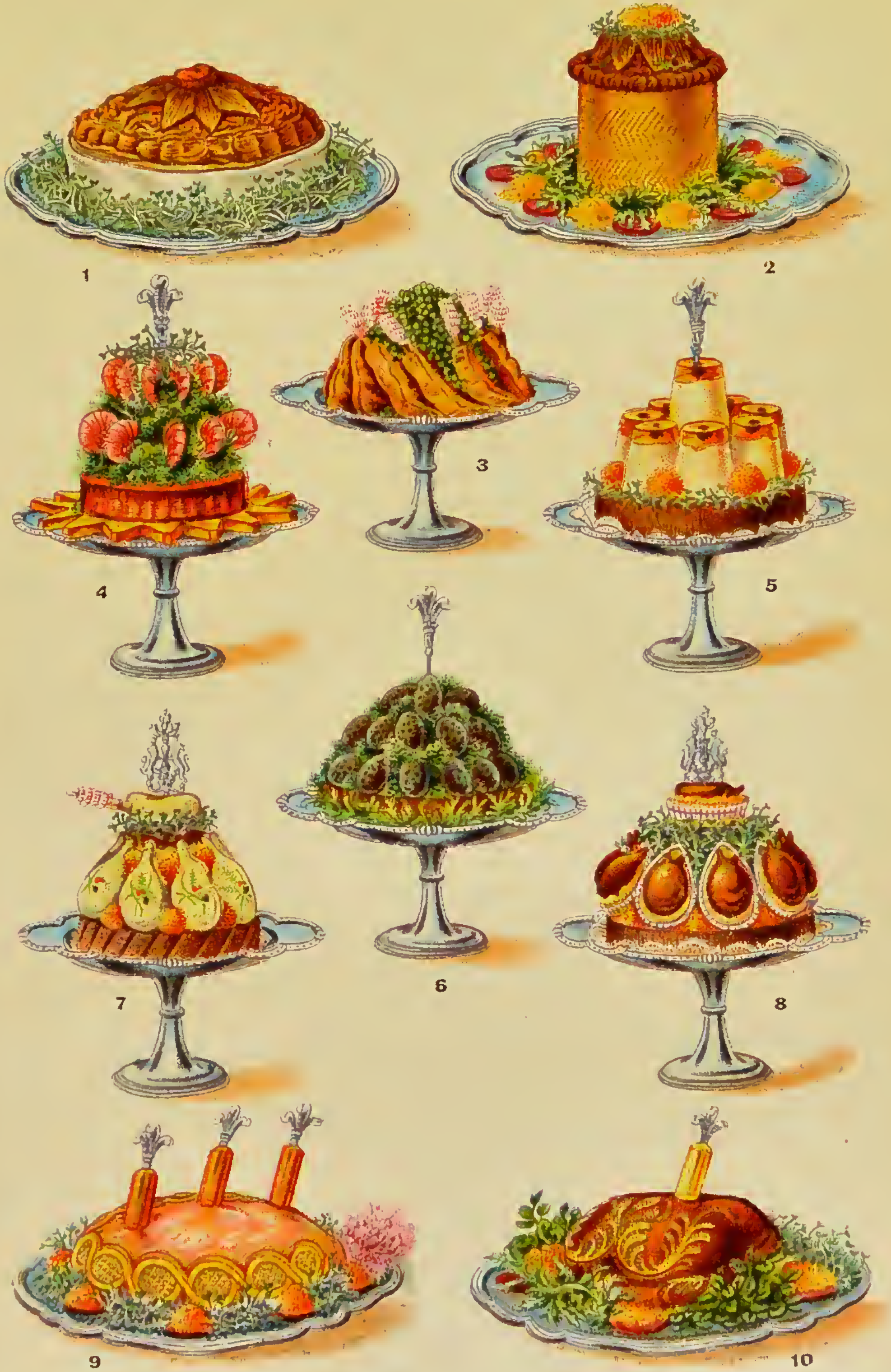
TIME.—About 1½ hours. AVERAGE COST, 3*s*. SUFFICIENT for 5 or 6 persons.

CHICKEN ESSENCE (Invalid Cookery).

INGREDIENTS.—1 chicken or ½ a fowl, ¼ pint of cold water, salt.

METHOD.—Cut the meat from the bones, break the latter into small pieces, and shred the meat coarsely. Place the bones at the bottom of a fireproof earthenware jar, lay the chicken meat on the top of them, sprinkle lightly with salt, and add the water. Cover closely, stand the jar in a saucepan of boiling water or in a cool oven, and cook gently for at least 5 hours. When cooked, strain and press out all the liquid and remove every particle of grease by drawing blotting or tissue paper repeatedly over the surface. Season to taste, and serve in small quantities.

TIME.—5 hours. AVERAGE COST, 1*s*. 6*d*. to 2*s*. 6*d*.



COLD DISHES—1 Pigeon Pie. 2 Raised Game Pie. 3 Cutlets and Peas. 4 Prawns en Bouquet.
5 Crême Chicken. 6 Plovers' Eggs. 7 Lamb Cutlets. 8 Larks Farcie. 9 Piped Ham. 10 Boned Capon.

CHICKEN, FILLET OF, STEAMED (Invalid Dish).

INGREDIENTS.—The breast or wings of 1 chicken, butter, pepper and salt.

METHOD.—Remove the chicken carefully from the bone, sprinkle slightly with salt and pepper, and place in a well-buttered soup plate. Have ready a saucepan of boiling water, put the plate on the top of it, cover with another plate or basin, and cook very gently for about an hour. Serve with its own gravy.

TIME.—¾ hour. AVERAGE COST, uncertain.

CHICKEN FORCEMEAT.

INGREDIENTS.—½ lb. of raw chicken, free from bone, 1 oz. of flour, 1 oz. of butter, 1 egg, ½ gill of chicken stock, salt and pepper, nutmeg.

METHOD.—Melt the butter, stir in the flour, add the stock, boil well and let the panada or culinary paste cool slightly. Cut up and pound the chicken meat in the mortar until smooth, adding the egg, and the panada by degrees. Season to taste, rub through a fine wire or hair sieve, and use for quenelles, cutlets, boudins, bombes, timbales, etc. Before moulding or shaping the farce, its consistency should be tested, and if found too firm a little cream may be added.

CHICKEN, FRICASSÉED.

INGREDIENTS.—1 boiled chicken, 1 pint of Béchamel sauce, ½ gill of cream, the yolks of 2 eggs, the juice of 1 lemon, salt and pepper.

METHOD.—Cut the chicken before it is quite cold into neat joints. Make the sauce as directed, put in the pieces of chicken, let them remain until thoroughly hot. Add the yolks and cream previously blended, and stir by the side of the fire until the sauce thickens, without boiling. Season to taste, add the lemon-juice, arrange neatly on a hot dish, and strain the sauce over. The dish may be garnished with truffle or cooked green peas, and the fricassée served in a border of mashed potato if desired.

TIME.—About ¾ of an hour, after the chicken is boiled. AVERAGE COST, 3*s.* 6*d.* to 4*s.* 6*d.* SUFFICIENT for 5 or 6 persons.

CHICKEN FRIED IN BATTER.

INGREDIENTS.—Chicken mixture as for croquettes of chicken, egg, breadcrumbs, frying-fat. For the batter: 4 ozs. of flour, ½ pint of milk, 1 egg, 1 saltspoonful of salt.

METHOD.—Make the chicken mixture as directed. Mix the flour, milk, egg, and salt into a smooth batter, and prepare some very thin pancakes. As each one is fried, spread the meat preparation over one side and roll up tightly. When cold, cut across into 2 or 3 pieces, about 1½ inches in length, coat with egg and breadcrumbs, and fry in deep fat. Drain well, and serve garnished with fried parsley.

TIME.—1 hour. AVERAGE COST, from 1*s.* 6*d.* to 2*s.* SUFFICIENT for 7 or 8 persons.

CHICKEN, GRILLED, WITH MUSHROOM SAUCE.

INGREDIENTS.—1 chicken, ½ lb. of lean, raw ham, ½ pint of Espagnole sauce, 2 dozen button mushrooms, salad-oil or oiled butter, a croûton of fried bread.

METHOD.—Divide the chicken into pieces convenient for serving. Make the sauce as directed, add to it the mushrooms, season to taste, and keep hot until required. Cut the croûton to fit the dish, and fry it until lightly browned in hot fat.

Cut the ham into short pieces and fry it. Brush the pieces of chicken over with salad-oil or oiled butter, and grill them over or in front of a clear fire. Arrange neatly on the croûton, strain the sauce round, and garnish with groups of mushrooms and ham.

TIME.—To grill the chicken, about 15 minutes. AVERAGE COST, 5*s*. SUFFICIENT for 4 or 5 persons.

CHICKEN JELLY.

INGREDIENTS.—1 chicken or fowl, salt and pepper.

METHOD.—Cut the chicken into small pieces, and put them into a stewing-jar with about 1 pint of water and a little salt and pepper, and cook it in a moderately cool oven for 2 hours. Cut the flesh off the breast, wings, and legs in thin slices, replace the bones and trimmings in the stew-jar, and cook as rapidly as possible on the stove for ½ an hour. Meanwhile arrange the slices of chicken in a mould or piedish, leaving a space at the sides, and as much space as possible between the layers, to be afterwards filled with stock. When the stock is ready, strain it, season to taste, let it cool slightly, and pour it over the chicken. Turn out when cold, and serve as a breakfast or luncheon dish.

TIME.—To cook, about 2½ hours. AVERAGE COST, 2*s*. 6*d*. to 3*s*. 6*d*. SUFFICIENT for 1 mould of medium size. SEASONABLE at any time.

CHICKEN KROMESKIS.

INGREDIENTS.—Make a Salpicon as directed in the recipe for Chicken Croquettes, as many small very thin slices of bacon as there are cork-shaped pieces of the mixture. For the batter: 2 tablespoonfuls of milk, 3 tablespoonfuls of flour, 1 tablespoonful of salad-oil, or oiled butter, 1 egg, salt, frying-fat.

METHOD.—Mix the above ingredients into a smooth batter, and add to it 1 saltspoonful of salt. Wrap each piece of the chicken mixture in a slice of bacon, dip into a light batter prepared from the above-named ingredients, and fry in a deep pan of hot fat. Drain, and serve garnished with parsley.

TIME.—1 hour. PROBABLE COST, 1*s*. 9*d*. to 2*s*. SUFFICIENT for about 6 persons.

CHICKEN LEGS, STUFFED.

INGREDIENTS.—The legs of a cold fowl, 1 tablespoonful of sweet oil, 2 tablespoonfuls of breadcrumbs, ½ teaspoonful of finely-chopped sweet herbs, ½ teaspoonful of finely-chopped lemon-rind, 2 slices of onion (blanched and chopped), 1 teaspoonful of finely-chopped parsley, 1 egg, 4 slices of streaky bacon, 2 slices of toasted buttered bread, salt and pepper.

METHOD.—Cut each leg into 2 joints, and saw off the drumsticks, place them on a plate, season with pepper and salt, and moisten with a little sweet oil. Put the breadcrumbs, lemon-rind, sweet herbs, onion, and parsley in a basin, mix well, moisten with the yolk of an egg, and season with a pinch of salt and a tiny pinch of cayenne. Drain the chicken's legs, cover each with the farce or stuffing above prepared, then wrap up in a slice of bacon, tie with twine, or skewer them securely. Place them on a greased baking-tin or sauté-pan, and cook in the oven for about 20 minutes. Cut each slice of toasted bread in two, trim neatly, dress the chicken's legs on these, dish up, garnish with a few sprigs of curly parsley, and serve hot.

TIME.—To cook, about 20 minutes. AVERAGE COST, 1*s*. 6*d*. to 1*s*. 9*d*. SUFFICIENT for 2 or 3 persons.

CHICKEN LIVER PATTIES.

INGREDIENTS.—Chicken livers, butter, brown sauce, rough puff paste, salt and pepper.

METHOD.—Remove the gall and wash and dry the livers, cut them into rather small pieces, and toss them in hot butter over the fire for about 5 minutes. Have ready some patty-pans lined with thinly-rolled out paste, fill them with liver, season highly with salt and pepper, and add a little brown sauce. Cover with paste, brush over with beaten egg, and bake in a moderately hot oven for about 20 minutes, and serve either hot or cold.

TIME.—To bake, about 20 minutes. AVERAGE COST, 2*d*. each. Allow 1 to each person. SEASONABLE at any time.

CHICKEN, MAYONNAISE OF.

INGREDIENTS.—1 cold boiled chicken or fowl, ¾ pint of Mayonnaise sauce, ¼ pint of aspic jelly, dressed salad.

METHOD.—Cut up the chicken into small joints, remove all the skin and ends of bones, and shape the pieces as neatly as possible. Dissolve the aspic jelly ; when cool enough add it to the Mayonnaise sauce and mask the chicken. To facilitate the masking process place the pieces of chicken on a wire tray and pour over the sauce carefully by means of a tablespoon. When the sauce is set, decorate tastefully with truffle and chervil, and mask with a thin layer of liquid aspic. Arrange neatly on a dish on a bed of dressed salad, and garnish the side of the dish with sprigs of endive, slices of cucumber, and blocks of aspic jelly.

TIME.—About 1 hour. AVERAGE COST, 3*s*. 9*d*. to 5*s*. SUFFICIENT for 5 or 6 persons.

CHICKEN, MINCED.

INGREDIENTS.—Cold chicken ; to each ½ lb. allow 1 oz. of butter, 1 oz. of flour, ½ pint of stock, salt and pepper, poached eggs.

METHOD.—Chop the chicken finely, boil the bones and trimmings for at least 1½ hours, and use the stock for the sauce. Melt the butter, stir in the flour, add the stock and boil gently for 20 minutes. Season to taste, add the minced chicken, draw the stewpan aside, then let it remain until the contents are thoroughly hot, and serve garnished with neatly poached and trimmed eggs.

TIME.—Allow ¾ hour after the stock is made. AVERAGE COST, 1*s*. 3*d*., exclusive of the chicken. Allow 1 lb. of chicken and 6 eggs for 4 or 5 persons.

CHICKEN, MINCED RAW (Invalid Dish).

INGREDIENTS.—½ a raw chicken, ½ oz. of butter, ½ oz. of flour, 1 yolk of egg, ¼ pint of stock or milk, 1 tablespoonful of cream, 1 small blade of mace, 1 thin small strip of lemon-rind, thin toasted bread, pepper and salt.

METHOD.—Cut the raw chicken into small dice, fry lightly in the butter, then sprinkle in the flour and cook for 3 or 4 minutes without browning. Add the stock, stir until boiling, then put in the mace, lemon-rind, and a pinch of salt, cover closely, and cook gently from 1 to 1½ hours. Beat the yolk of egg and cream together, add them to the contents of the stewpan, and stir by the side of the fire for 2 or 3 minutes to cook the egg, but do not let it boil or it will curdle. Remove the mace and lemon-rind, season to taste, and serve garnished with sippets of dry toast.

TIME.—1½ hours. AVERAGE COST, 2*s*.

CHICKEN, MINCE OF COOKED (Invalid Dish).

Ingredients.—4 ozs. of cooked chicken or game, 1 oz. of butter, a small dessertspoonful of flour, 1 yolk of egg, 1½ gills of stock or milk, 1 tablespoonful of cream, 1 bay-leaf, or a fine strip of lemon-rind, nutmeg, salt and pepper.

Method.—Remove all skin and bone, cut the chicken or game into very small dice, and simmer the bones, trimmings, and bay-leaf in a little water for at least 1 hour. Strain; if necessary, add milk to make up the 1½ gills, or, if more convenient, use milk entirely. Melt the butter in a stewpan, stir in the flour, add the stock, and boil for 10 minutes. Add the prepared chicken; when thoroughly hot stir in the cream and yolk of egg previously beaten together, and season to taste with salt, pepper, and nutmeg. Stir by the side of the fire for 2 or 3 minutes to cook the egg, then serve.

Time.—10 minutes, after the stock is made. Average Cost, 10*d.* to 1*s.*

CHICKEN MOULD (A South African Dish).

Ingredients.—1 lb. of cooked chicken, 4 ozs. of ham or lean bacon, 2 ozs. of butter, ¼ pint of cream, 3 eggs, nutmeg, cayenne, salt, ¾ pint of Béchamel, oyster or other suitable sauce.

Method.—Melt the butter, beat the eggs until light, and mix the two together. Chop the chicken and ham finely, pound them well, adding a little of the mixed egg and butter to moisten. When smooth add the cream stiffly whipped, the remainder of the egg mixture, and season to taste. Turn into a well-buttered mould or basin, steam gently from 30 to 35 minutes, and serve with a little sauce poured round and the remainder in a sauceboat.

Time.—To cook, from 30 to 35 minutes. Average Cost, 5*s.* 6*d.* to 6*s.* Sufficient foi 5 or 6 persons. Seasonable at any time.

CHICKEN OR GAME, FILLETS, GRILLED (Invalid Cookery).

Ingredients.—The breast or wings of 1 raw chicken, butter, salt and pepper.

Method.—Remove the bones with a sharp knife, keeping the fillets as intact as possible. Season them lightly with salt and pepper, wrap them separately in well-buttered white paper, and grill over or in front of a clear fire. Turn 2 or 3 times during the process, which should occupy from 10 to 12 minutes. Serve plainly or with a little maître d'hôtel butter, or any sauce liked or allowed.

Time.—12 minutes. Average Cost, uncertain.

CHICKEN PANADA (Invalid Cookery).

Ingredients.—¼ lb. of raw chicken, ½ gill of cream, pepper and salt.

Method.—Pass the chicken-meat twice through a mincing machine, then weigh it and place it in a well-buttered jar. Cover closely with buttered paper, stand the jar in a saucepan, surround it to half its depth with boiling water, and cook very gently for 1 hour. When ready, pound in a mortar until smooth, adding the liquor gradually, rub through a fine sieve, and stir in the cream previously whipped. Season to taste, and serve either hot or cold on strips of thin crisp toast.

Time.—1½ hours. Average Cost, 1*s.* 6*d.* to 2*s.*

CHICKEN PATTIES.

Ingredients.—4 to 6 ozs. of cold boiled chicken, 2 ozs. of cooked ham, 6 button mushrooms, 1 truffle, 1 teaspoonful of lemon-juice, salt and pepper, ¼ pint of Béchamel sauce, puff paste.

Method.—Chop the chicken and ham not too finely, cut the mushrooms and truffle into small dice, and mix all together. Stamp out 9 or 10 patty cases from the puff paste, and mark the centres with a smaller cutter to form the lids (*see* Oyster Patties). Bake in a quick oven, then scoop out the soft inside, take care of the lids, and keep the cases hot until required. Have the Béchamel sauce ready in a stewpan, add to it the chicken preparation, season with salt and pepper, put in the lemon-juice, and stir the mixture over the fire until thoroughly hot. Fill the cases, put on the lids, and serve garnished with tufts of fresh or fried parsley.

Time.—To bake the pastry, from 20 to 25 minutes. Average Cost, 1*s.* 6*d.* to 2*s.* Sufficient for 8 or 9 patties.

CHICKEN PIE.

Ingredients.—1 large or 2 small chickens, ½ lb. of ham or bacon, 2 hard-boiled eggs, veal forcemeat balls, ¾ pint of chicken stock, 1 yolk of egg, salt and pepper, puff paste.

Method.—Divide the chickens into neat joints, cut off the legs and wings at the first joint, and boil these with the backbones, necks, and gizzards for about 2 hours, then strain and use for stock. Parboil the livers, chop them very finely, and mix them with the forcemeat. Cut the ham into strips, and the eggs into sections or slices. Place the pieces of chicken and the prepared ingredients in a piedish in layers, season carefully with salt and pepper, ¾ fill the dish with stock. Roll out the paste, cover the piedish with it, ornament, and brush over with yolk of egg. Bake from 1¼ to 1½ hours, in a quick oven, until the paste has risen and set, and then more slowly. Before serving add the remainder of the hot stock to the pie. If preferred, the bones may be removed and the pieces of chicken stuffed with sausage-meat, or the veal forcemeat may be used for this purpose instead of being made into balls. *See* also the forcemeat used in making "Lark Pie."

Time.—To bake the pie, from 1¼ to 1½ hours. Average Cost, if with 2 chickens, about 8*s.* Sufficient for 7 or 8 persons.

CHICKEN PILLAFF.

Ingredients.—1 chicken or fowl, 3 pints of stock (or 3 pints of water and 2 lbs. of scrag end of neck of mutton), 6 ozs. of Patna rice, 4 ozs. of butter, 2 Spanish onions, 2 small onions, 1 tablespoonful of curry paste, 1 carrot, 1 blade of mace, 6 black peppercorns, salt, pepper.

Method.—Divide the chicken into pieces convenient for serving, remove the skin and the feet and wings at the first joint. Put the backbone, neck, giblets, bones, and trimmings into a stewpan with the stock (or the water and mutton cut into small pieces), add the outside layer of each Spanish onion, the carrot, mace, and peppercorns, and boil gently for 2 or 3 hours, then strain. Heat 2 ozs. of butter in a stewpan, cut the Spanish onions into dice, fry them until lightly browned, add the rice (previously well washed and drained), 1½ pints of stock, season with salt and pepper, and cook the ingredients gently by the side of the fire. Melt the remaining 2 ozs. of butter, fry the pieces of chicken slowly until nicely browned, keep them hot until the rice has absorbed the greater part of the stock, then put them with the curry-paste into the stewpan and mix well with the rice. Continue the cooking until the rice and chicken are perfectly tender, adding more stock if necessary. A few minutes before serving re-heat the butter in which the chicken was fried, cut the 2 small onions into thin slices, and fry them brown. Pile the pillau in the centre of a hot dish, scatter on the rings of fried onion, and serve.

TIME.—About 1 hour, after the stock is made. AVERAGE COST, 4*s.* to 4*s.* 6*d.* SUFFICIENT for 5 or 6 persons.

CHICKEN, POTTED.

INGREDIENTS.—The remains of cold roast chicken; to every lb. allow 3 ozs. of cooked ham, 4 ozs. of butter, nutmeg, salt and pepper, clarified butter.

METHOD.—Pass the chicken and ham 2 or 3 times through the mincing machine, or chop them finely; then pound in a mortar until smooth, adding seasoning to taste and the butter gradually. Rub through a fine wire sieve, press into small pots, and cover the contents with clarified butter.

AVERAGE COST.—1*s.* 3*d.* to 1*s.* 6*d.*

CHICKEN, PURÉE OF, WITH RICE.

INGREDIENTS.—4 ozs. of finely-chopped cooked chicken, 2 ozs. of finely-chopped cooked ham, 4 ozs. of rice, white stock, 2 tablespoonfuls of cream, salt and pepper, chopped truffle.

METHOD.—Blanch the rice, drain well, cover with white stock, and cook gently until tender and dry. Pound the chicken and ham until smooth, moistening gradually with a little stock, and pass these ingredients through a wire sieve. Stir in the cream, season to taste, make thoroughly hot, stirring meanwhile, and add stock, a little at a time, until the preparation is reduced to the consistency of thick cream. Turn into 5 or 6 well-buttered scallop shells, arrange the rice to form a narrow border, sprinkle the surface with truffle, and serve.

TIME.—Altogether, about 1½ hours. AVERAGE COST, 1*s.* 3*d.* to 1*s.* 6*d.* SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

CHICKEN QUENELLES.

INGREDIENTS.—8 ozs. of raw chicken, 2 ozs. of flour, ½ oz. of butter, ¼ pint of stock or water, 2 eggs, 2 tablespoonfuls of cream, salt and pepper.

METHOD.—Melt the butter, stir in the flour, add the stock, let boil whilst stirring. This will produce the panada; which put aside to cool. Shred or mince the chicken-meat finely, or pass it through a mincing machine, pound well in the mortar, adding the panada by degrees and each egg separately, season well, and rub through a fine wire or hair sieve. Whip the cream slightly, and stir it lightly into the chicken purée. Poach a little of the preparation, and, if too stiff, add a little more stock or cream. *See* "Veal Quenelles" for directions for shaping, cooking, and serving.

CHICKEN, RAMAKINS OF.

INGREDIENTS.—6 ozs. of raw chicken, ¼ pint of cream, 4 yolks of eggs, 2 whites of eggs, ½ oz. of butter, 2 mushrooms, 1 truffle, salt and pepper.

METHOD.—Shred the chicken-meat finely, or pass it through a mincing machine, then pound it well in the mortar, adding by degrees the yolks of 4 eggs, season well, and rub through a fine wire sieve. Whip the cream slightly, and whisk the whites of eggs to a stiff froth, and then add with the mushrooms and truffle cut into small dice, to the chicken purée. Mix lightly together, and put the mixture into 8 well-buttered china or paper ramakin cases. The cases should not be more than three parts filled, as the mixture rises considerably in baking. Place the cases on a baking-sheet, and cook them in a moderate oven for about 20 minutes. Serve in the cases, and, if liked, send hot Béchamel or other suitable sauce to table in a sauce-boat.

TIME.—To bake, from 18 to 20 minutes. AVERAGE COST, 2*s.* 6*d.* SUFFICIENT for 8 cases.

CHICKEN, RÉCHAUFFÉ OF.

(*See* **Fowl, Hashed.**)

CHICKEN, RISSOLES OF.

INGREDIENTS.—About 4 ozs. of cooked chicken, 2 ozs. of cooked ham or tongue, 4 button mushrooms, 1 small truffle, ½ oz. of butter, ½ oz. of flour, ¼ pint of white stock, 1 tablespoonful of cream, salt and pepper, egg, breadcrumbs, frying-fat, rough puff paste.

METHOD.—Chop the chicken and ham finely, cut the mushrooms and truffle into small dice. Melt the butter in a stewpan, stir in the flour, add the stock, stir and boil well. Put in the chicken and ham, season to taste, mix the ingredients well over the fire, then add the mushrooms, truffle and cream, and put aside to cool. Roll out the paste as thinly as possible—stamp it out into rounds of about 2 inches diameter, pile a teaspoonful of the preparation in the centre, wet the edges with water, place another round of paste on the top, and press the edges together neatly. Brush over with egg and cover with breadcrumbs, and fry until lightly browned in hot fat. If preferred, half the quantity of the meat mixture may be enclosed in 1 round of paste, one half of which must be folded over to form them into half-moon shapes; variety may be introduced by substituting crushed vermicelli for the breadcrumbs.

TIME.—Altogether, 1½ hours. AVERAGE COST, 1*s.* to 1*s.* 3*d.* SUFFICIENT for 8 to 12 rissoles, according to the size made.

CHICKEN, ROAST.

INGREDIENTS.—1 good chicken, 2 or 3 slices of bacon, ½ pint of stock, fat for basting, salt and pepper, bread sauce, a few drops of liquid caramel, watercress.

METHOD.—Truss the chicken for roasting, prick the entire surface of the breast with the point of a metal skewer or trussing needle, skewer over it the slices of bacon, baste well with hot fat, and roast before a clear fire or in a moderate oven for about 1 hour. Baste frequently, and a few minutes before serving remove the bacon for the breast to brown. Meanwhile, simmer the neck (and the liver and gizzard when not trussed in the wings) in the stock. When the chicken is sufficiently cooked remove it to a dish, drain off every particle of fat, taking care not to disturb the sediment, pour in the stock, boil for 2 or 3 minutes, season and colour to taste, and strain into a sauce-boat. Have ready the watercress well washed, drained, and season lightly with salt and pepper, and use as garnish. Serve both gravy and bread sauce separately.

TIME.—About 1 hour. AVERAGE COST, 3*s.* 6*d.* to 4*s.* SUFFICIENT for 4 to 6 persons.

Note.—The pricking of the breast is not essential, but some cooks prefer this way.

CHICKEN, ROAST (French Style).

INGREDIENTS.—1 chicken, 1 oz. of butter, 1½ gills of stock. For the mirepoix, or foundation: 1 small onion, 1 carrot, 2 or 3 slices of bacon, salt and pepper, bread sauce, watercress for garnish.

METHOD.—Draw the chicken, wash the liver and heart, and put them aside; cut off the legs just below the first joint, truss for roasting, and spread the butter thickly over the breast. Slice the vegetables, put them into a baking-tin with the bacon, and the liver and heart of the chicken, fry these a little, then place the chicken on the top of the mirepoix, season well with salt and pepper, and cook in a quick oven for about 40 minutes. Baste frequently, and, if necessary, cover the breast with buttered paper to prevent it becoming too brown. When the chicken is done, remove the trussing string and skewers and keep hot. Drain the fat from the baking-tin, add the stock, boil for 2 or 3 minutes, season it to taste, and strain. Garnish the chicken with tufts of crisp watercress, and serve the gravy and bread sauce separately.

TIME.—About 1 hour. AVERAGE COST, 4*s.* SUFFICIENT for 4 or 5 persons.

CHICKEN ROAST, STUFFED WITH HERBS.

INGREDIENTS.—1 chicken, 1½ ozs. of butter, 1 oz. of flour, 1 tablespoonful of shredded onion, 2 tablespoonfuls of shredded carrot, 1 teaspoonful each of chopped parsley, chervil, tarragon, or other herbs which are liked, 1 glass of white wine, ¾ pint of stock. For the forcemeat: 2 tablespoonfuls of breadcrumbs, 1 teaspoonful each of finely-chopped parsley, shallots, chervil, and tarragon, the liver of the chicken, 1 oz. of oiled butter, salt and pepper.

METHOD.—Remove the gall bladder, wash and chop the liver finely, and add to it the breadcrumbs, parsley, shallots, chervil, and tarragon, with a liberal seasoning of salt and pepper. Add sufficient oiled butter to moisten the whole, stuff the crop of the bird with the preparation, secure the opening, and retruss the bird. Roast the chicken in front of a clear fire, or in a moderately hot oven for about 50 minutes, basting frequently. Meanwhile, melt the remaining 1½ ozs. of butter in a stewpan, fry the onion and carrot slightly, add the flour, and cook gently until lightly browned. Put in the stock, stir until boiling, season to taste, add the wine, and about a teaspoonful of parsley, chervil, and tarragon mixed, simmer gently for ¼ of an hour, then strain. Serve with a little of the sauce poured round, and send the remainder to table separately.

TIME.—To roast the chicken, about 40 minutes. AVERAGE COST, 3*s.* 6*d.* to 4*s.* 6*d.* SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

CHICKEN SALAD.

INGREDIENTS.—Cold chicken (roast or boiled) cut into joints or pieces if boned; to 4 tablespoonfuls allow 2 tablespoonfuls of finely-shredded celery, 1 tablespoonful of finely-shredded white of hard-boiled egg, 4 tablespoonfuls of Mayonnaise sauce, 1 dessertspoonful of salad-oil, 1 dessertspoonful of vinegar, ½ teaspoonful of salt, ¼ teaspoonful of pepper. For garnishing: pickled gherkins, capers, fillets of anchovy, stoned French olives, lettuce.

Method.—Mix the shredded chicken, celery, and white of egg together in a bowl, stir in the salad-oil and vinegar, season with the salt and pepper, and let the mixture stand for one hour. When ready to serve, stir in the Mayonnaise sauce, range the salad in a dish on a bed of crisp lettuce, garnish the surface with the gherkins, capers, anchovies, olives, and, if liked, the yolks of eggs previously rubbed through a fine sieve.

Time.—About 1¼ hours. Average Cost, 1*s.* 9*d.* to 2*s.* 3*d.* for this quantity. Sufficient for 5 persons.

CHICKEN SANDWICHES.

Ingredients.—Cooked chicken, cooked ham or tongue, creamed or watercress butter, 1 large French roll or white bread.

Method.—Select a roll 1 day old, rasp the crust, but do not remove it, slice thinly, and spread with butter. Shred the chicken and ham or tongue finely, place a layer between 2 slices of bread and butter, and press well together. Arrange overlapping each other in a circle on a folded serviette, and serve garnished with small salad or watercress.

CHICKEN SAUTÉ.

(*See* **Chicken à la Marengo and Fowl Fried, with Peas**).

CHICKENS' LIVERS, DEVILLED.

Ingredients.—4 chickens' livers, 3 croûtes of fried bread, bacon, 1 finely-chopped shallot, ½ a teaspoonful of finely-chopped parsley, cayenne, pepper and salt.

Method.—Wash and dry the livers, cut them in halves, and sprinkle them well with shallot, parsley, cayenne, and pepper; these ingredients should be previously mixed together. Cut some very thin slices of bacon, just large enough to roll round the liver, wrap them round tightly, and fasten them in position by means of large pins. Bake in a moderate oven for 7 or 8 minutes, then remove the pins, dish on the toast, and serve as hot as possible.

Time.—½ an hour. Average Cost, 9*d.* Sufficient for 6 or 7 persons. Seasonable at any time.

CHICKEN, SMOTHERED.

Ingredients.—A boiled fowl, white sauce.

Method.—Divide the hot cooked fowl into neat joints, place them on a hot dish, cover completely with sauce, then serve.

CHICKEN SOUFFLÉ.

Ingredients.—½ lb. of raw chicken, 1½ ozs. of butter, the whites of 2 eggs, the yolk of 1 egg, ¼ pint of cream, pepper and salt, ½ pint of Béchamel sauce.

Method.—Shred the chicken-meat finely, or pass it through a mincing machine, then pound it in the mortar with the butter and yolk of egg, season with salt and pepper, and rub through a fine wire sieve. Whip the cream slightly and whisk the whites of egg stiffly, and add them lightly to the chicken purée. Place in a well-buttered soufflé (plain Charlotte) mould, cover with a buttered paper, and steam gently from 50 to 60 minutes. Or, fill up several small dariol moulds, and steam for about 25 minutes. Serve with the white sauce poured over, and, if liked, decorate with finely-chopped truffle.

TIME.—60 to 90 minutes. AVERAGE COST, 4*s.* to 4*s.* 6*d.* SUFFICIENT for 6 or 7 persons.

CHICKEN, SPATCHCOCK.

INGREDIENTS.—1 chicken, butter, salt and pepper. Tartare, piquante, or other sharp sauce, 4 to 5 thin slices of bacon.

METHOD.—Split the bird in half, cutting it through the back only, cut off the legs and wings at the first joints, and arrange in a flat form by means of skewers. Brush over with warm butter, season with salt and pepper, and grill over or in front of a clear fire for about 15 minutes. Turn frequently, brush over with butter, and, when done, season lightly with salt and pepper. Remove the skewers, dish up, garnish with fried bacon, and serve with it in a sauce-boat one of the above-named sauces.

TIME.—About 25 minutes. AVERAGE COST, 3*s.* 6*d.* to 4*s.* SUFFICIENT for 4 or 5 persons.

CHICKEN, STEWED, WITH RICE (Chafing Dish Cookery).

INGREDIENTS.—1 boiled or roast chicken, 3 or 4 tablespoonfuls of white sauce, 1 cupful of cooked rice, salt, pepper, grate of a nutmeg, white stock.

METHOD.—Cut the remains of the chicken from bones and then into large dice shapes. Put this into a chafing-dish with the white sauce and the cooked rice. Moisten further with a little white stock, cover the dish and let it simmer gently for about 25 minutes, stirring occasionally. Serve hot.

TIME.—25 minutes. AVERAGE COST, 3*s.* 6*d.* SUFFICIENT for 2 or 3 persons. SEASONABLE at any time.

CHICKEN, TIMBALES OF.

INGREDIENTS.—½ lb. of raw chicken, 1½ ozs. of butter, the whites of 2 eggs, the yolk of 1 egg, ¼ pint of cream, pepper and salt, ½ pint of Béchamel sauce, macaroni.

METHOD.—Boil the macaroni in salted water until tender, cut it across into rings about ⅛ of an inch in thickness, and with the rings line several well-buttered timbale moulds. The rings should be arranged as evenly as possible, and the somewhat tedious task may be facilitated by using the point of a larding needle to fix them in position. Prepare the chicken purée as directed for "Chicken Soufflé." Fill the prepared mould with the mixture. Steam the timbales from 25 to 35 minutes, arrange neatly on a hot dish, pour the sauce round, and serve.

TIME.—1 hour. AVERAGE COST, 3*s.* 9*d.* to 4*s.* 3*d.* SUFFICIENT for 5 or 6 persons.

CHICKEN WITH ITALIAN SAUCE.

INGREDIENTS.—1 chicken, trussed for roasting, ¾ pint of Italian sauce. For the macédoine, or vegetable mixture: carrot, turnip, leek, celery, 1 oz. of butter, pepper and salt, chopped parsley.

METHOD.—Roast the chicken in front of a clear fire, or in a moderate oven, and cut it into pieces convenient for serving. Cut the vegetables with a plain ½-inch diameter cutter into rounds about ¼-inch in thickness, boil them separately in salted water, and drain well. Melt the butter in a stewpan, put in the vegetables, season with pepper, and toss them over the fire until the butter is absorbed. Arrange the chicken in the centre of a hot dish, strain the hot sauce over, group the vegetables round the base, sprinkle over them the chopped parsley, and serve.

Time.—About 1 hour. Average Cost, 3*s.* 6*d.* to 4*s.* Sufficient for 3 or 4 persons.

CHICKEN, WITH MACARONI.

Ingredients.—1 chicken, ¼ lb. of macaroni, ¼ pint of tomato sauce, ¼ pint of Espagnole sauce, a few drops of lemon-juice or tarragon vinegar, salt and pepper.

Method.—Boil the chicken until half cooked in stock, or, if this is not at hand, in water flavoured with vegetables. Put the macaroni into salted boiling water and cook rapidly for 15 or 20 minutes until it is perfectly tender, but not broken, then drain well, and cut into short lengths. Heat the sauces in a stewpan, and when the chicken is sufficiently cooked, cut it into pieces convenient for serving, and put them into the sauce. Add the macaroni, salt, pepper, lemon-juice or vinegar to taste, and simmer very gently for ¾ of an hour. Arrange the macaroni to form a bed in the centre of a hot dish, place the chicken on the top of it, strain the sauce over, and serve.

Time.—From 1 to 1¼ hours. Average Cost, 3*s.* 6*d.* to 4*s.* Sufficient for 4 or 5 persons. Seasonable at any time.

CHICKEN, WITH RICE AND TOMATOES.

Ingredients.—1 chicken. larding bacon, 2 onions, 2 carrots, 1 turnip, all thickly sliced, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, stock, ¼ pint of tomato purée, 3 ozs. of grated Parmesan cheese, salt and pepper.

Method.—Truss the chicken, lard the breast in close rows, and wrap it in greased paper. Put the vegetables, herbs, and peppercorns into a stewpan, add sufficient stock to nearly cover them, and place the chicken on the top. Cover closely, cook gently for about 1½ hours, adding more stock to replace that which boils away. Wash and blanch the rice, cook it in good stock until tender and dry, then stir in the tomato purée and cheese, and season to taste. Put the chicken in a hot oven for a few minutes to crisp the bacon, then serve with the rice either as a border or formed into timbales.

Time.—About 1¾ hours. Average Cost, 3*s.* 6*d.* to 4*s.* 6*d.* Sufficient for 4 or 5 persons. Seasonable at any time.

CHICKEN, WITH SUPRÊME SAUCE.

Ingredients.—1 chicken, ¾ pint of Suprême sauce, white stock, garnish of truffles or macedoine of vegetables.

Method.—Stew the chicken in stock until tender, then divide it into neat joints, put the back aside and pile the remainder on a hot dish. Pour the sauce over, garnish with truffles or mixed vegetables, and serve.

Time.—From 1 to 1¼ hours. Average Cost, 3*s.* 6*d.* to 4*s.* Sufficient for 4 or 5 persons. Seasonable at any time.

CHILI VINEGAR.

Ingredients.—50 fresh red English chilies, 1 pint of vinegar.

Method.—Pound the chilies or cut them in half, and infuse them in the vinegar for a fortnight, when it will be fit for use. This will be found an agreeable relish to fish, as many people prefer to eat it with the addition of an acid and cayenne pepper.

CHILWARS, TO COOK (Indian Dish).

See directions for dressing whitebait. They are served with fresh cut limes instead of lemons.

CHITCHKEE CURRY (Indian Recipe).

INGREDIENTS.—2 onions sliced, 1½ pints of cooked vegetables, 1 tablespoonful of curry powder, rice.

METHOD.—The vegetables should comprise cauliflower, turnip, carrot, French beans, potato, and any others in season, all of which should be cut into dice or small pieces. Heat the ghee, fry the onions, sprinkle in the curry powder, cook for about 20 minutes, and add the vegetables. Toss over the stove until thoroughly hot, adding a little gravy if too dry, and serve with boiled rice.

TIME.—½ an hour. SUFFICIENT for 3 or 4 persons.

CHIVES.

The root of this plant consists of small, flat, clustering bulbs. Like other small varieties of the onion tribe, it has a very powerful flavour, and consequently must be sparingly used.

CHOCOLATE BOMBE, WITH FRUIT.

Prepare a bombe of chocolate cream ice, and fill the interior with cream sweetened, slightly stiffened with gelatine, and mixed with halved or quartered strawberries.

CHOCOLATE CREAM.

INGREDIENTS.—4 ozs. of chocolate, 3 ozs. of sugar, ½ oz. of French leaf gelatine, 1 tablespoonful of crême de riz or ground rice, 6 yolks of eggs, 1 quart of milk, 1 teaspoonful of vanilla essence.

METHOD.—Soak the gelatine in a little milk, mix the crême de riz smoothly with milk, put the remainder into a stewpan with the chocolate and sugar, bring to the boil, add the crême de riz and simmer for about 10 minutes. Let the mixture cool a little, add the beaten yolks of eggs, and stir by the side of the fire until they thicken. Add the vanilla and gelatine, and, when cool, pour into the mould, which may be simply wetted, or lined with jelly, and decorated according to taste.

TIME.—From 35 to 40 minutes. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 1 large mould.

CHOCOLATE CREAM ICE.

INGREDIENTS.—4 ozs. of chocolate, 1 pint of custard (*see* Custard for Cream Ices), 1 gill of milk, ½ gill of cream, sugar.

METHOD.—Prepare the custard as directed. Dissolve the chocolate in the milk, sweeten to taste, and strain it into the custard. Let the mixture cool, then add the stiffly-whipped cream, and freeze in the usual way.

TIME.—About 40 minutes. AVERAGE COST, 1*s.* 5*d.* to 2*s.* SUFFICIENT for 7 or 8 persons.

CHOCOLATE FARINA.

INGREDIENTS.—8 ozs. of chocolate, 4 ozs. of farina (cornflour will serve), 2 ozs. of sugar, 1 quart of milk, vanilla.

METHOD.—Mix the farina or cornflour smoothly with a little milk, heat the remainder, add the sugar and chocolate in small pieces, and stir until dissolved. Pour the boiling milk, etc., over the cornflour, stirring meanwhile, replace in the stewpan, and simmer gently for 10 minutes, stirring continuously. Add vanilla to taste, and pour into a mould rinsed with cold water.

TIME.—About 40 minutes. AVERAGE COST, 1*s*. 3*d*. SUFFICIENT for 4 or 5 persons.

CHOCOLATE MOULD.

INGREDIENTS.—4 ozs. of chocolate, 1 oz. of castor sugar, 1 oz. of gelatine, 1 pint of milk, vanilla.

METHOD.—Soak the gelatine in 1 or 2 tablespoonfuls of milk, and boil the remainder with the chocolate. When perfectly smooth, stir in the sugar and gelatine, add vanilla essence to taste, let the mixture cool a little, then pour into 1 large or several small moulds.

TIME.—About ½ an hour. AVERAGE COST, 8*d*. to 9*d*. SUFFICIENT for 4 or 5 persons.

CHOCOLATE PUDDING.

INGREDIENTS.—4 ozs. of chocolate, 2 ozs. of cake crumbs, 2 ozs. of flour, 2 ozs. of butter, 1 oz. of castor sugar, 4 eggs, ½ pint of milk, ½ a teaspoonful of vanilla essence.

METHOD.—Break the chocolate into small pieces, put it with the milk into a stewpan, simmer until dissolved and cool. In another stewpan melt the butter, stir in the flour, cook a little without browning, then put in the milk and stir until boiling. Now add the cake crumbs, and cook gently until the mixture becomes thick and leaves the sides of the stewpan clear. Let it cool a little, then beat in the yolks of the eggs and add the vanilla essence. Whisk the whites to a stiff froth, stir them lightly into the mixture, pour into a well-buttered plain mould, cover with buttered paper, and steam for 1½ hours, or bake for 1 hour in a moderate oven. Serve with custard, chocolate, or vanilla sauce.

TIME.—About 2¼ hours. AVERAGE COST, 1*s*. 1*d*. to 1*s*. 3*d*. SUFFICIENT for 5 or 6 persons.

CHOCOLATE SAUCE.

INGREDIENTS.—¾ pint of water, 1 tablespoonful of brandy, 1 teaspoonful of vanilla essence, 1 oz. of crême de riz or rice flour, 2 ozs. of castor sugar, 4 ozs. of grated chocolate.

METHOD.—Put the sugar, chocolate, and water into a saucepan, and stir until it boils. Mix the crême de riz smoothly with a little cold water, pour it into the saucepan and simmer for 5 minutes. Pass through a tammy-cloth or fine strainer, add the brandy and vanilla, and serve.

TIME.—From 10 to 15 minutes. AVERAGE COST, from 8*d*. to 9*d*. for this quantity.

CHOCOLATE SOUFFLÉ.

INGREDIENTS.—2 ozs. of finely-grated chocolate, 3 ozs. of flour, 2 ozs. of sugar, 1 oz. of butter, ½ pint of milk, 3 yolks of eggs, 4 whites of eggs, ½ a teaspoonful of vanilla essence, custard, or other suitable sweet sauce.

METHOD.—Place the milk and chocolate in a small stewpan, and simmer gently until dissolved. Melt the butter, stir in the flour, add the chocolate mixture, and boil well. Let it cool a little, add the vanilla, sugar, the yolks of eggs one at a time, give the whole a good beating, then stir in as lightly as possible the stiffly-whisked whites of eggs. Turn into a well-buttered mould, and steam gently from 45 to 50 minutes. Serve the sauce round the dish.

TIME.—To prepare and cook, from 1¼ to 1½ hours. AVERAGE COST, 1s., including the sauce. SUFFICIENT for 5 or 6 persons.

CHOCOLATE TARTLETS.

INGREDIENTS.—Flaky or short crust paste, 2 ozs. of grated chocolate, 4 ozs. of cake crumbs, 3 ozs. castor sugar, 2 ozs. of butter, ½ oz. of cornflour, 2 eggs, chocolate icing.

METHOD.—Cream the yolks of the eggs and sugar well together, add the cake crumbs, chocolate, cornflour, and the butter melted. Whip the whites of eggs stiffly, and stir them in as lightly as possible. Have ready 12 patty-pans lined with short paste, fill them with the mixture, and bake in a moderately hot oven from 20 to 25 minutes. When cold cover the surface of each tartlet with chocolate icing, allow it to harden; then serve.

TIME.—To bake, from 25 to 30 minutes. AVERAGE COST, 8*d*., exclusive of paste and icing. SUFFICIENT for 12 tartlets.

CHOCOLATE, TO MAKE.

INGREDIENTS.—Plain chocolate. To ½ oz. allow ½ pint of water and ½ pint of milk.

METHOD.—Make the milk and water hot, break the chocolate into small pieces, add it and stir until quite dissolved. Bring to boiling point, then strain, and serve with sugar.

CHOKO, TO BOIL (Australian Dish).

INGREDIENTS. — Choko, salt, white sauce, or melted butter.

METHOD.—Peel the choko, let it remain in salt and cold water for about 1 hour, then drain well. Place in a saucepan containing salted boiling water, boil from 1 to 1¼ hours, and serve with the sauce poured over.

TIME.—2½ hours.

CHOP, STEAMED (Invalid Cookery).

INGREDIENTS.—1 lamb or mutton chop, 1 very small finely-chopped onion, ¼ pint of mutton broth or water, 1 tablespoonful of rice, salt and pepper.

METHOD.—Trim off all the fat, place the chop in a stewpan, add the broth or water, onion and a little salt. Cover closely, and cook gently for ½ an hour, then add the rice and continue the slow cooking for 1 hour longer. Serve with the rice and gravy.

TIME.—1½ hours. AVERAGE COST, 6*d*.

Note.—For other methods of preparing mutton chops and cutlets, *see* Recipes for Cooking Lamb and Mutton.

CHOUX PASTE.

INGREDIENTS.—4 ozs. of fine flour, 4 ozs. of butter, 2 ozs. of sugar, 2 large or 3 small eggs, ½ pint of water, salt, vanilla essence or other flavouring.

METHOD.—Put the water, butter, sugar and a good pinch of salt into a stewpan, and when boiling add the flour, previously well dried and sieved, and stir and cook gently for at least 10 minutes. Let it cool a little, then beat in the eggs one at a time, add a few drops of the flavouring ingredient, and use as required.

TIME.—About ½ an hour. AVERAGE COST, 8*d*.

CHRISTMAS CAKE.

Ingredients.—1 lb. of butter, 1 lb. of castor sugar, 1 lb. of sultanas, 1 lb. of currants, ¾ lb. of mixed candied peel, 2 lbs of flour, ½ oz. of baking-powder, 8 eggs, milk.

Method.—Sieve the baking-powder 2 or 3 times with the flour on to a sheet of paper to mix well. Put the butter and the sugar into a clean pan and stand in front of the fire to soften. Weigh the fruit on to the flour, having carefully cleaned and picked them free from stalks and stones. Cut up the peel into thin shreds, and lay it with the fruit and flour. Break the eggs into a clean basin. Now proceed to beat up the butter and sugar into a cream with your hand, add the eggs in 1 at a time, beating well after each addition of eggs. When all are in, add the flour and fruit, moisten to the usual cake batter consistency with milk, and bake in round or square well-papered and grease tins. This will make about 7 lbs. of cake, and can be baked in 1 or more cakes, as desired.

Time.—3 to 4 hours to bake. Average Cost, 10*d.* per lb.

CHRISTMAS CAKE (Another way).

Ingredients.—¾ lb. of butter, ¾ lb. of raw sugar, 2½ lbs. of currants, ½ lb. of mixed peel, 2 lbs. of flour, ½ oz. of baking-powder, 6 eggs, milk, mixed spice.

Method.—Exactly the same as in the previous recipe. These cakes are sometimes iced over with almond icing, and then iced and decorated with white and coloured sugar icing. This, of course, is quite optional.

Time.—3 to 4 hours to bake. Average Cost, 8*d.* per lb.

CHRISTMAS PUDDING (Rich).

Ingredients.—½ lb. of beef suet, 2 ozs. of flour, ½ lb. of raisins, ¼ lb. of mixed peel, ½ a grated nutmeg, ½ oz. of mixed spice, ½ oz. of ground cinnamon, 1 gill of milk, 1 wineglassful of rum or brandy, ½ lb. of breadcrumbs, ½ lb. of sultanas, ¼ lb. of currants, 1 lemon, 2 ozs. of desiccated cocoanut or shredded almonds, a pinch of salt, 4 eggs.

Method.—Skin the suet and chop it finely. Clean the fruit, stone the raisins, finely shred the mixed peel, peel and chop the lemon-rind. Put all the dry ingredients in a basin and mix well. Add the milk, stir in the eggs one at a time, add the rum or brandy, and the strained juice of the lemon. Work the whole thoroughly for some minutes, so that the ingredients are well blended. Put the mixture in a well-buttered basin or pudding-cloth ; if the latter is used it should be buttered or floured. Boil for about 4 hours, or steam for at least 5 hours.

Average Cost.—1*s.* 10*d.* Sufficient for 8 or 9 persons.

CHRISTMAS PUDDING (Inexpensive).

Ingredients.—¼ lb. of flour, ¼ lb. of breadcrumbs, 1 oz. of Paisley flour, ½ lb. of chopped suet, ½ lb. of sultanas, ½ lb. of raisins (stoned), 6 ozs. of mixed candied peel, ¼ lb. of castor sugar, 1 lemon-rind and juice, 3 eggs, milk to mix.

Method.—Sift the flour and Paisley flour well together, mix the chopped suet with the flour, and add all the other dry ingredients. Stir in the beaten eggs and sufficient milk to make the mixture rather moist. Boil in one or two well greased pudding basins for 4 hours. A wineglassful of brandy may be added if liked.

AVERAGE COST.—1*s.* 3*d.* SUFFICIENT for 1 large or 2 small puddings.

CHRISTMAS PUDDING (Fruitarian Plum Pudding).

INGREDIENTS.—½ lb. of figs, ½ lb. of breadcrumbs, ½ lb. of stoned raisins, ¼ lb. of currants, ¼ lb. of sultanas, ¼ lb. of candied peel, ½ lb. of peeled sweet almonds, ¼ lb. of pine kernels, ¼ lb. of butter, ¼ lb. of shelled Brazil nuts, the grated rind of 1 and the juice of 2 lemons, 4 eggs, 1 teaspoonful of whole spice, a pinch of salt, ¼ lb. of moist or brown sugar, 2 apples, ¼ lb. of honey.

METHOD.—Mince the figs. Peel, core, and chop the apples. Chop the almonds, pine kernels, and nuts. Clean the fruit, and chop or shred the candied peel. Put all the dry ingredients in a basin, and add the honey and lemon-juice. Beat up the eggs, and stir in with the above. When thoroughly mixed fill into 1 or 2 buttered moulds, tie over with a buttered cloth, and boil for 3 hours. When done, unmould, dish up, and serve with a suitable sauce or custard.

AVERAGE COST.—2*s.* 9*d.* SUFFICIENT for 2 medium-sized puddings.

CHUTNEY, ENGLISH.

INGREDIENTS.—3 dozen sour apples, 3 lbs. of coarse brown sugar, ½ lb. of salt, 2 lbs. of sultana raisins, ½ lb. of green ginger, 6 ozs. of bird's-eye chilies, 2 ozs. of mustard-seed, 5 medium-sized Spanish onions, 6 shallots, 3 quarts of good malt vinegar.

METHOD.—Dissolve the salt and sugar in the vinegar, strain, and return it to the stewpan. Add the apples, onions, and ginger, all thinly sliced, the sultanas cleaned and picked, also the rest of the ingredients, and cook very gently until the apples and onions are quite tender. Pour into small jars or wide-necked bottles; when cold, cover closely, and store in a cool, dry place.

CHUTNEY, INDIAN.

INGREDIENTS.—1 quart of malt vinegar, 1 lb. of sour apples, peeled, cored, and sliced, ½ lb. of onions peeled and coarsely chopped, 1 lb. of moist sugar, ½ lb. of raisins stoned and quartered, 4 ozs. of salt, 4 ozs. of ground ginger, 2 ozs. of dry mustard, ¼ oz. of cayenne, 4 cloves of garlic finely-chopped.

METHOD.—Cook the apples, onions, and garlic with the salt, sugar, and vinegar, until quite soft, and pass them through a fine hair sieve. Add the raisins, ginger, cayenne, and mustard, mix well together, turn into a jar, and stand it in a warm, but not hot, place until the following day. Have ready some perfectly dry, wide-necked small bottles or jars, fill them with chutney, and cover closely so as to exclude the air. This chutney may be kept for a year or two.

CHUTNEY SAUCE.

Make a sauce the same as for venison (*see* Venison Sauce), omitting the red-currant jelly, and adding instead 1 heaped-up tablespoonful of mango-chutney, chopped rather finely.

CIDER.

Cider is the fermented juice of apples, and it is chiefly manufactured in Dorsetshire, Devonshire, Gloucestershire, Herefordshire, Norfolk, and Worcestershire. The juice is extracted by first crushing

VEGETABLES. No. 5.

1. Boiled Potatoes. 2. Braised Cucumber. 3. Buttered Peas.

VEGETABLES. No. 6.

1. Carrots. 2. Cauliflower with White Sauce. 3. Scarlet Runners.

the apples in a cider-mill, and afterwards subjecting the pulp to heavy pressure. The product is either diluted with water, and sold as *Sweet Cider*, or it is allowed to ferment in barrels, which in some districts are closed at the top, and in others open, and simply covered with a cloth. When active fermentation has subsided the cider is drawn off into casks, where it remains for several months before it is ready for bottling or drinking. Some varieties of effervescing cider almost approach champagne in character.

CIDER CUP.

INGREDIENTS.—1 bottle of cider, 1 bottle of soda-water, 1 liqueur glass of brandy, a few thin strips of cucumber rind, a few thin strips of lemon-rind, a dessertspoonful of lemon-juice, a dessertspoonful of castor sugar, or to taste.

METHOD.—Surround the cider and soda-water with rough ice, and let them cool for ½ an hour. Put the brandy, cucumber, and lemon rind, lemon-juice and sugar into a large jug, add the iced cider and soda-water, and serve at once.

CIDER ICE.

INGREDIENTS.—1 pint of cider, 1 pint of syrup (*see* Syrup for Water Ices), ½ pint of unsweetened apple pulp, the juice of 3 lemons.

METHOD.—Mix all the ingredients together, boil up, pass through a fine sieve, and, when cold, freeze in the usual way. The ice may be coloured pale green or pink by adding a few drops of either spinach extract or carmine.

TIME.—About 2 hours. AVERAGE COST, 1s. 3*d*. SUFFICIENT for 6 or 7 persons.

CIDER PUNCH.

INGREDIENTS.—1 quart of cider iced, 1 bottle of iced seltzer or soda water, 1 wineglassful of brandy, 2 ozs. of sugar, or to taste, 1 lemon thinly sliced.

METHOD.—Mix all the ingredients together in a glass jug, and serve in small glasses.

CIDER SAUCE.

INGREDIENTS.—½ pint of cider, ¾ pint of brown sugar, 2 cloves, 1 bay-leaf, salt and pepper.

METHOD.—Simmer the whole until reduced to the desired consistency, then pass through a fine strainer or tammy-cloth, re-heat, and serve as a substitute for champagne sauce for braised ham or duck.

TIME.—About ½ an hour. AVERAGE COST, 6*d*. to 9*d*.

CINNAMON.

The cinnamon tree (*Lourus Cinnamomum*) is a valuable and beautiful species of the laurel family, and grows to the height of 20 or 30 feet. The best cinnamon is rather light in colour, and not much thicker than paper. Besides being used extensively for culinary purposes, cinnamon is much employed as a powerful stimulant.

CITRON SAUCE.

INGREDIENTS.—½ pint of boiling milk, 2 ozs. of castor sugar, ½ oz. of cornflour, 2 yolks of eggs, the finely-chopped rind of ½ a lemon.

METHOD.—Blend the yolks of the eggs and the cornflour together, add the sugar and lemon-rind, and stir in the boiling milk. Whisk the preparation over the fire until it becomes creamy, then use as required.

TIME.—From 10 to 15 minutes. AVERAGE COST, 4*d*.

CLAM CHOWDER (American Dish).

INGREDIENTS.—1 quart of clam, 6 or 8 large potatoes cut into dice, 2 onions, cut into dice, 4 ozs. of bacon or pork cut into dice, 4 tomatoes sliced, 2 level teaspoonfuls of salt, ¼ of a teaspoonful of pepper.

METHOD.—Wash, drain, and chop the clams. Fry the pork or bacon and onions until the latter is very lightly browned, put in the potatoes and tomatoes, barely cover with cold water, add salt and pepper, and cook gently for about 30 minutes. Put in the clams, add more seasoning if necessary. Continue to cook slowly for 10 or 15 minutes longer, and serve. If liked, the chowder may be thickened by adding crushed cracker (biscuit) crumbs.

TIME.—About 1¼ hours. AVERAGE COST, 1*s.* 8*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE from September to April.

CLAMS AU GRATIN (American Dish).

INGREDIENTS.—½ peck of clams in their shells, 2 large tomatoes, 2 tablespoonfuls of fresh breadcrumbs, 1 teaspoonful of finely-chopped onion, 1 teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of powdered mixed herbs, salt and pepper, butter, lightly-browned breadcrumbs.

METHOD.—Prepare and cook the clams as directed in "Clam Soup," and chop them finely. Pass the tomatoes through a fine sieve, stir the purée into the clams, add the breadcrumbs, onion, parsley, herbs, seasoning to taste, and as much of the clam liquor as will slightly moisten the whole. Turn into a well-buttered gratin dish or scallop shells, cover lightly with slightly-browned breadcrumbs, add a few bits of butter, and bake from 10 to 20 minutes in a moderate oven. Serve hot.

TIME.—About 45 minutes. AVERAGE COST, 1*s.* 3*d.* SUFFICIENT for 4 or 5 persons. SEASONABLE from September to April.

CLAMS ON TOAST (American Dish).

INGREDIENTS.—2 doz. clams, 2 tablespoonfuls of butter, 1 teaspoonful of lemon-juice, salt and pepper to taste, 3 slices of buttered toast.

METHOD.—Beard, blanch, and dry the clams. Heat the butter, add lemon-juice and seasoning, put in the clams, toss them over the fire for 2 or 3 minutes, and serve on the prepared toast.

TIME.—About 10 minutes. AVERAGE COST, about 6*d.* or 8*d.* SUFFICIENT for 3 persons. SEASONABLE from September to April.

CLAM SOUP (American Dish).

INGREDIENTS.—½ peck of clams in the shell, 1½ pints of milk, 1 pint of boiling water, 2 ozs. of butter, 2 ozs. of flour, 1 dessertspoonful of chopped onion, 1 dessertspoonful of finely-chopped parsley, salt and pepper.

METHOD.—Wash and brush the clams well, place them in a steamer, or in a large saucepan with just enough water to prevent the bottom layer burning, and cook them gently until the shells can be easily opened with a knife. Remove the fish from the shells, taking care to preserve all the liquor in the shells and saucepan, and take away the thin skin. Remove the black end of each clam with a pair of scissors, and cut the "leather straps," into small pieces, keeping the soft and hard parts of the clams separate until required. Strain the clam liquor into a stewpan, add the boiling water, onion, and hard parts of the clams, a little salt and pepper, simmer gently for 5 minutes, then strain. Melt the butter, stir in the flour, add the clam stock and milk and bring to the boil. Season to taste, simmer gently for 5 minutes to thoroughly cook the flour, then add the soft parts of the clams and the parsley, and serve at once with crackers (biscuits) and pickles.

TIME.—About 1 hour. AVERAGE COST, 1*s*. to 1*s*. 3*d*. SUFFICIENT for 7 or 8 persons. SEASONABLE from September to April.

CLAMS, BAKED (American Dish).

INGREDIENTS.—Clams, bread and butter.

METHOD.—Thoroughly wash and dry the clams, and bake them on a tin in the oven until the shells open. Serve them in the shells, and hand with thinly-cut bread and butter.

TIME.—About 25 minutes. AVERAGE COST, 4*d*. each person. SUFFICIENT, allow 12 to each person. SEASONABLE from September to April.

CLARET CUP.

INGREDIENTS.—1 bottle of claret, 1 wineglassful of sherry, 1 liqueur glass of brandy, 1 liqueur glass of noyeau, 1 liqueur glass of Maraschino, the thin rind of 1 lemon, 2 or 3 sprigs of balm, borage, or verbena when procurable, castor sugar to taste, 1 large bottle of seltzer or soda water.

METHOD.—Put the claret, lemon-rind, and 1 or 2 tablespoonfuls of castor sugar into a large jug, cover, and let it stand imbedded in ice for 1 hour. Add the rest of the ingredients, and serve. A few strips of cucumber peel may be used instead of balm, borage, or verbena.

CLARET JELLY.

INGREDIENTS.—1 pint of claret, ¾ pint of water, ¼ pint of lemon-juice, the thinly-cut rind of 2 lemons, 6 ozs. of loaf sugar, 1½ ozs. of leaf gelatine, the whites and shells of 2 eggs, a few drops of cochineal.

METHOD.—Put all these ingredients into a stewpan, and whisk over the fire until it boils. Simmer for about 10 minutes, then strain through a scalded bag or cloth, add a few drops of cochineal to improve the colour, pour into a wet mould, and put in a cool place to set.

TIME.—About 40 minutes. AVERAGE COST, 1*s*. 6*d*. to 2*s*. SUFFICIENT for 1¾ pints.

CLEAR JULIENNE SOUP.

INGREDIENTS.—3 pints of clear soup, 1 carrot, 1 onion, ½ a turnip, a strip of celery, pepper and salt, ½ oz. of butter.

METHOD.—Prepare the vegetables and cut them into fine strips like small matches, melt the butter in a small saucepan, put in the strips of vegetables with a little salt and pepper, and fry gently for a few minutes, shaking frequently to prevent browning. Drain well to free them from butter, add them to the hot soup, and simmer gently for 15 or 20 minutes, keeping the soup well skimmed.

TIME.—To prepare and cook the vegetables, 40 minutes. AVERAGE COST, 2*s*. 4*d*. SEASONABLE at any time. SUFFICIENT for 6 persons.

Note.—A tablespoonful of cooked green peas, and the same quantity of cooked French beans cut in narrow strips, may be added to the other vegetables. Instead of frying them in butter they (the turnip, carrot, onion, celery) may be parboiled in salt and water, and afterwards simmered until tender in the stock.

CLEAR MOCK TURTLE SOUP.

INGREDIENTS.—½ a calf's head, 5 quarts of clear second stock, (or water), 2 onions, 2 carrots, 1 turnip, 1 strip of celery, bouquet-garni (parsley, basil, marjoram, thyme, bay-leaf), 12 peppercorns, 4 cloves, 2 blades of mace, 2 glasses of sherry, 1 tablespoonful of lemon-juice, ½ lb. of lean beef, ½ lb. of lean veal, the whites and shells of 2 eggs, salt.

METHOD.—Soak the head 24 hours in salt and water, changing it frequently. Then bone the head (the brains and tongue may be used for some other purpose), tie the meat in a thin cloth and break the bones into small pieces; put them into a stewpan, cover with cold water, add a tablespoonful of salt, let it boil up, strain, and wash the head in cold water. Return the meat and bones to the stewpan, put in the stock and a dessertspoonful of salt, boil up, and skim well. Now add the prepared vegetables, herbs, peppercorns, cloves, and mace, and when boiling, remove the scum, put on the cover and cook slowly for about 3 hours, according to the size of the head. Strain, put the meat aside, and when the stock is cold remove the fat, and clarify with the coarsely chopped beef and veal, and whites of eggs. Return to the saucepan, with the sherry, the lemon-juice, and a little of the meat of the head cut into small pieces. Add necessary seasoning, boil up and serve.

This recipe may be thickened with a tablespoonful of arrowroot when a thicker soup is required.

The remainder of the calf's head can be used for an entrée.

TIME.—To prepare the stock, 3½ to 4 hours. To clarify and re-heat, 40 to 60 minutes. AVERAGE COST, 5*s.* 9*d.*, with stock. SEASONABLE at any time. SUFFICIENT for 12 or 14 persons.

CLEAR MULLIGATAWNY.

INGREDIENTS.—2 quarts of ordinary stock, 2 onions sliced, 1 apple sliced, 1 tablespoonful of mild curry-powder, ½ a tablespoonful of salt, the whites and shells of 2 eggs, the juice of 1 lemon.

METHOD.—Put the stock, onions, apples, curry-powder (previously mixed smoothly with a little cold water), and salt into a well-tinned stewpan, put on the cover and simmer gently for 1½ hours, then strain. When cold, add the egg-shells crushed and the whites stiffly whipped, let the soup boil up again and simmer for a few minutes, then strain, re-heat, add the lemon-juice and any necessary seasoning, and serve, with boiled rice, handed round separately or put in the soup.

When convenient, a little cooked chicken should also be served, cut into dice or cubes, and warmed in the soup a few minutes before serving.

TIME.—To make the soup, 1¼ to 1½ hours. To clear and re-heat the soup, 30 to 40 minutes. AVERAGE COST, 1*s.* 6*d.* SEASONABLE at any time. SUFFICIENT for 6 persons.

CLEAR OX-TAIL SOUP.

INGREDIENTS.—1 ox-tail, 1 carrot, ½ a turnip, 1 onion, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, 2 cloves, 1 blade of mace, 3 quarts, of CLEAR ordinary stock, salt, the whites and shells of 2 eggs.

METHOD.—Cut the tail into short lengths, cover with cold water, add a little salt, bring to the boil and strain. Return to the saucepan with the vegetables, flavourings, and seasonings, simmer gently for four hours, keeping the stewpan covered, strain, put the meat aside, and when the stock is cold remove the fat. Clarify with the whites and shells of the eggs, strain, re-heat, and serve garnished with pieces of the tail, and a little carrot and turnip cooked and cut into some fancy shape. A glass of sherry is sometimes added when re-heating, also a tablespoonful of arrowroot, previously mixed smoothly with a little stock, when a slightly thickened "clear" soup is desired.

TIME.—To make the soup, from 4 to 4½ hours. To clarify and heat, 30 to 40 minutes. COST, 2*s*. 9*d*. to 3*s*. 3*d*. SEASONABLE at any time. SUFFICIENT for 9 or 10 persons.

Note.—The larger pieces of tail should be re-heated in brown sauce, or a good curry sauce, and served as a dish for luncheon.

CLEAR ROYAL SOUP.

INGREDIENTS.—3 pints of clear soup, 1 egg, 1 tablespoonful of milk or white stock, salt and pepper.

METHOD.—Beat the egg, add the milk, salt and pepper to taste, and pour the custard into a well-buttered plain mould. Have ready a small stewpan half-full of boiling water, put in the custard, cover the top of the mould with greased paper, put on a close-fitting lid to keep in the steam, and cook VERY SLOWLY for 15 minutes, or until the custard is firm. When cold, cut into strips, rounds, diamonds, or any fancy shape, rinse in warm water, then put them into the tureen and pour in the hot consommé; or, to make a change, use one yolk and the whites of two eggs. To the yolk and each white add a dessertspoonful of good white stock or milk, season to taste, and colour one white of egg with carmine or cochineal. Cook in 3 separate small timbals or dariol moulds, and use as directed above.

TIME.—To prepare and cook the custard, ½ an hour. AVERAGE COST, 3*s*. 4*d*. SEASONABLE at any time. SUFFICIENT for 6 persons.

CLEAR SOUP.

INGREDIENTS.—2 quarts of brown stock, 1 lb. of neck of beef (lean), finely-chopped, or passed two or three times through the mincing machine, the whites and shells of 4 eggs, 1 carrot, cut in two or three pieces, 1 onion (left whole), a strip of celery, 12 peppercorns, 6 all-spice, 2 cloves, salt.

METHOD.—The stock should be cold and quite free from fat. Put it into a clean well-tinned stewpan, add the vegetables, flavourings, seasonings, the shells of the eggs crushed, and the whites stiffly whipped, and whisk all together over a gentle fire until just on boiling point, then let it simmer about ½ an hour. Strain through a clean dry cloth, re-heat and season to taste before serving. A glass of sherry, a dessertspoonful of French vinegar or lemon-juice and a pinch of castor sugar, are frequently added when re-heating the consommé.

TIME.—About 1 hour. AVERAGE COST, 3*s*. to 3*s*. 6*d*. SEASONABLE at any time. SUFFICIENT for 8 or 9 persons.

CLEAR SOUP WITH ITALIAN PASTE.

INGREDIENTS.—3 pints of clear soup, 1 tablespoonful of Italian paste (bought in packets).

METHOD.—Sprinkle the paste into the boiling soup, and cook it for a few minutes before serving. Crushed tapioca, sago, or Florador may be used instead of the paste, also macaroni, vermicelli, or spaghetti, but these must be cooked and cut into short lengths before being added to the soup.

TIME.—To cook the Italian paste, 10 minutes. AVERAGE COST, 3*s.* SEASONABLE at any time. SUFFICIENT for 6 persons.

CLEAR SOUP WITH RIBBON MACARONI.

INGREDIENTS.—3 pints of clear soup, 4 ozs. of fine flour, 1 dessertspoonful of grated Parmesan cheese, 1 egg, 1 saltspoonful of salt.

METHOD.—Mix the flour, cheese, and salt well together, add half the egg, and, if necessary, a little water. Knead it vigorously with the palm of the hand until a fairly stiff but smooth paste is formed; it must not be too moist, and should have a tenacious elastic consistency. Wrap in a floured cloth, and let it stand for 1 hour or more, then roll out VERY thinly on a floured board, cut into narrow strips, and cook a few at a time, in salted boiling water. Strain and drain and add a handful to the consommé a few minutes before serving.

TIME.—½ an hour to cook the paste. AVERAGE COST, 3*s.* 3*d.* SEASONABLE at any time. SUFFICIENT for 6 persons.

Note.—The remainder of Nouilles or ribbon macaroni can be heated up with white sauce, and done au gratin, to be served for a luncheon or supper dish.

CLEAR TURTLE SOUP.

INGREDIENTS.—½ lb. of the best sun-dried turtle, 1 small tin of turtle fat (this may be omitted), ½ lb. of lean neck of beef, ½ lb. of lean veal, the whites and shells of 2 eggs, 5 quarts of good stock, 2 onions, 2 carrots, 1 turnip, 1 strip of celery, bouquet-garni (parsley, thyme, bay-leaf, basil, marjoram), 12 peppercorns, 2 cloves, 1 blade of mace (tied in muslin), 2 glasses of sherry, 1 tablespoonful of lemon-juice, salt.

METHOD.—Soak the turtle for 3 days, changing the water frequently. Put the stock, turtle, and a dessertspoonful of salt into a large stewpan and bring to the boil, then add the prepared vegetables, herbs, bag of peppercorns, etc., and when the stock boils remove the scum as it rises. Put on the cover and cook gently for 8 or 9 hours, adding more stock if that in the pan reduces very much. Strain, put the pieces of turtle aside, and remove the fat from the soup when cold. Pass the beef and veal 2 or 3 times through the mincing machine, and add them, together with the shells and stiffly-whipped whites of the eggs, to the soup, and whisk until it boils. Simmer gently for ½ an hour, then strain and return to the stewpan with the turtle and turtle fat cut into small squares, adding sherry, lemon-juice, and the necessary seasoning, and cook gently for a few minutes. Lemons cut in quarters are sometimes handed separately with this soup for those who prefer a stronger flavour of lemon.

TIME.—To make the stock, 9 to 10 hours. To clarify and reheat, 1¼ to 1½ hours. AVERAGE COST, 8*s.* 6*d.* without stock. SEASONABLE at any time. SUFFICIENT for 10 persons.

CLOVES.

This very agreeable spice is the dried flowerbuds of the *Cyryophyllus aromaticus*, a handsome branching tree, a native of the Malacca Islands. The Ambroyna, or royal clove, is said to be the best, and is rare ; but other kinds, nearly equally good, are produced in other parts of the world. The clove contains about 20 per cent. of volatile aromatic oil, to which is attributed its peculiar pungent flavour, its other parts being composed of woody fibre, water, gum, and resin.

COATING WITH EGG AND BREADCRUMBS.

For this purpose an egg, slightly beaten, and without seasoning or flavouring of any description, is frequently used ; but better results may be obtained by adding to the egg 1 teaspoonful of salad-oil or clarified butter, 1 dessertspoonful of milk, ½ a saltspoonful of salt, and half this quantity of pepper. These ingredients being mixed together on a plate, the articles to be fried should be laid separately in the preparation, and coated thickly by means of a small brush. After being well drained on the point of a knife, they should be tossed lightly in plenty of breadcrumbs held in a sheet of paper. Before frying, the crumbs should be pressed firmly on with the blade of a knife.

COBURG PUDDINGS.

Ingredients.—½ pint of milk, 3 ozs. of flour, 3 ozs. of castor sugar, 3 ozs. of butter, 3 ozs. of currants cleaned and picked, 3 eggs, 1 tablespoonful of brandy, a good pinch of nutmeg, a good pinch of salt, ½ a teaspoonful of baking-powder.

Method.—Cream the butter and sugar together, add the eggs gradually, and beat in well each one. Mix in the rest of the ingredients, pour into well-buttered dariol moulds or small cups, and bake for about ½ an hour. Serve with wine sauce.

Time.—About 1 hour. Average Cost, 10*d.* to 1*s.* Sufficient for 6 or 7 persons.

COBURG TRIFLE.

Ingredients.—6 stale sponge cakes, macaroons, raspberry or apricot jam, ½ pint of cream, ¼ pint of custard, 1 glass of sherry or Marsala, angelica, glacé cherries, almonds blanched and shredded.

Method.—Slice the sponge cakes, spread ½ of them with jam, and cover with the remainder. Arrange them compactly in a glass dish, pour the wine over them, place the macaroons on the top in the form of a pyramid, and cover with the custard. Whip the cream stiffly, pile it on lightly, and garnish with strips of angelica and cherries and the shredded almonds. This dish should be made at least 1 hour before serving.

Time.—About ½ an hour, after the custard is made. Average Cost, 3*s.* Sufficient for 1 large dish.

COCK-A-LEEKIE SOUP.

Ingredients.—A small fowl for boiling, 1 carrot, 1 turnip, 1 onion, 2 cloves, 1 small bunch of young leeks, 2 ozs. of rice, salt and pepper.

Method.—Truss the fowl for boiling, put it in a large stewpan or stock-pot, with enough water to well cover it, add a little salt, and let it come to the boil. Remove the scum, then add the carrot, turnip (previously cleaned), and the onion, peeled and stuck with the cloves. When the fowl is tender take it out. Wash the leeks, trim off the roots and outside leaves, and cut into 1-inch lengths. Strain the broth (which should measure about 3 pints) into another stewpan, add the leeks and the rice, previously washed and blanched. Boil for about ½ an hour, season to taste, cut the fowl in half, divide one half into very small pieces and put these with the soup. Use the remainder for some other purpose. Before serving, add a teaspoonful of chopped parsley to the soup. If preferred, the fowl need not be served in the soup, but it is essential that this soup should be made from chicken stock.

TIME.—About 1½ hours. AVERAGE COST, 2*s.* 10*d.* SUFFICIENT for 6 persons.

COCKLE SAUCE.

INGREDIENTS.—¼ pint of cooked cockles, 1 pint of melted butter, 1 teaspoonful of lemon-juice, salt and pepper.

METHOD.—Prepare and cook the cockles in the usual way, and remove them from the shells. Have the melted butter ready boiling, add the cockles and lemon-juice, season to taste, and serve as an accompaniment to cod or other fish.

TIME.—From 20 to 30 minutes. AVERAGE COST, 5*d.*

COCOA HUSKS.

INGREDIENTS.—1 cupful of husks, 3 cupfuls of cold water.

METHOD.—Simmer the husks very gently in the water for about 3 hours, then strain. When cold, skim off any fat there may be and re-heat when required.

COCOA, TO PREPARE.

INGREDIENTS.—To 1½ teaspoonfuls of prepared cocoa, allow ¼ pint of milk, ¼ pint of water.

METHOD. — Mix the cocoa smoothly with a little cold water, boil the remainder of the water and the milk, and pour these on to the blended cocoa, stirring well meanwhile. Rock cocoa should be broken into small pieces, and simmered gently for a few minutes in the milk and water.

COCOANUT BARS.

INGREDIENTS.—3 lbs. of best loaf sugar, ½ lb. of freshly-grated or desiccated cocoanut, ½ pint of water, vanilla essence, carmine or cochineal.

METHOD.—Line a shallow tin with grease-proof paper. Boil the sugar and water to the "small ball" degree (*see* Sugar to Boil), remove the pan from the fire, add the cocoanut, and flavour to taste. Let it cool a little, then pour ½ into the prepared tin, and stand the vessel containing the remainder in hot water, to prevent it setting. As soon as the portion in the tin is set, add a few drops of carmine or cochineal to the preparation in the stewpan, and pour it over the ice in the tin. When cold turn out and cut into bars.

COCOANUT BISCUITS OR CAKES.

INGREDIENTS.—10 ozs. of castor sugar, 2 whites of eggs, 6 ozs. of desiccated cocoanut.

METHOD.—Beat the whites of eggs to a stiff froth, add the other ingredients, and form into pyramids; place the pyramids on paper, put the paper on tins, and bake the biscuits in rather a cool oven until they are just coloured a light brown. Dried or desiccated cocoanut is now sold at a moderate price, and its use saves much trouble and labour.

Time.—About ¼ of an hour. Average Cost, 8*d.* or 9*d.* Sufficient for 15 to 20 biscuits.

COCOANUT CAKE.

Ingredients.—6 ozs. of butter, ½ lb. of castor sugar, 1 lb. of flour, ¼ lb. of desiccated cocoanut, ½ oz. of baking-powder, 3 eggs, milk, essence of lemon.

Method.—Sieve the baking-powder well with the flour on to a sheet of paper laid on the table. Weigh and add the cocoanut. Put the butter and sugar into a clean basin, warm slightly, and beat up well with a large wooden spoon; beat in the eggs, 1 at a time, and when all are in add the flavouring, flour, and cocoanut; bring to cake batter consistency with milk, divide the mixture into 2 or more well-papered and greased tins as preferred, sprinkle some cocoanut over the top, and bake in a moderately warm oven.

Time.—1 to 2 hours. Average Cost, 1*s.* 6*d.* Sufficient for 2 cakes.

COCOANUT CAKES.

Ingredients.—2 ozs. of unsweetened cocoanut, 2 ozs. of almond flour, 1 oz. of butter, 1 egg, milk, saccharine, salt.

Method.—Cream the butter, add the almond flour, cocoanut, saccharine, and a pinch of salt, and, when well mixed, stir in the egg and as much milk as will form a stiff mixture. Place it in small heaps on a greased tin, and bake in a quick oven from 15 to 20 minutes.

Time.—30 minutes.

COCOANUT CANDY.

Ingredients.—1½ lbs. of Demarara sugar, ¾ pint of water, 1 medium-sized cocoanut.

Method.—Remove the shell and rind from the cocoanut, and slice it thinly. Dissolve the sugar in the water, boil to the "large ball" degree (*see* Sugar to Boil), then remove the pan from the fire, and grain the syrup by rubbing it with the spatula against the sides of the stewpan. As soon as the mixture begins to grow cloudy add the sliced cocoanut, stir until quite thick, then pour on to an oiled tin. When sufficiently firm, mark into squares or oblongs, and when perfectly cold and firm divide into sections. White candy may be made by substituting white sugar for the Demarara.

COCOANUT COOKIES (American Dish).

Ingredients.—2 cups of fine flour, 1 cup of grated or desiccated cocoanut, 1 cup of fine sugar, ½ a cup of butter, 2 eggs, 1 tablespoonful of milk, 1 heaped teaspoonful of baking-powder.

Method.—Cream the butter and sugar together until thick and white, then beat in the eggs. Add the cocoanut, milk, the flour and baking-powder previously sieved, and mix well. Roll out, adding more flour if necessary, stamp into rounds or other shapes, and bake in a moderately hot oven until crisp.

Time.—To bake, 20 minutes. Average Cost, 1*s.* 2*d.* Sufficient for 2½ lbs. of Cookies. Seasonable at any time.

COCOANUT PUDDING.

Ingredients.—4 ozs. of grated cocoanut, 1 oz. of butter, 1 oz. of castor sugar, 1 oz. of cake crumbs, 4 whites of eggs, 3 yolks of eggs, ½ pint of milk, ¼ pint of cream, 1 teaspoonful of vanilla essence, paste.

Method.—Simmer the cocoanut in the milk until tender, and allow it to become quite cold. Cream the butter and sugar together until quite smooth, stir in the yolks of eggs separately, add the cake-crumbs, cream, vanilla, and the prepared cocoanut and milk. Whisk the whites of eggs to a stiff froth, stir them lightly into the rest of the ingredients, and pour the mixture into a piedish, the edges of which must be previously lined and decorated with paste (*see* Apple Amber). Bake in a moderate oven until the mixture is set, then pile on the remaining two whites of eggs, previously stiffly whisked, replace in the oven until the méringue hardens and acquires a little colour, then serve.

Time.—2 hours. Average Cost, 1*s.* 6*d.* Sufficient for 6 or 7 persons.

COCOANUT ROCKS.

Ingredients.—10 ozs. of flour, ½ lb. of butter, 6 ozs. of desiccated cocoanut, 8 ozs. of castor sugar, 4 eggs.

Method.—Beat the sugar and butter together, add the cocoanut and flour by degrees, then the eggs, still beating the mixture. Drop it in small spoonfuls on to a baking-tin (buttered), and bake in a quick oven.

Time.—About 8 minutes, to bake the cakes. Average Cost, 1*s.* 4*d.* Sufficient for 30 cakes.

COCOANUT SOUP.

Ingredients. — 2 quarts of second stock, 4 ozs. of grated cocoanut, preferably fresh, 2 ozs. of rice flour, 2 tablespoonfuls of cream, mace, salt and pepper.

Method.—When desiccated cocoanut is used it should be previously soaked for 2 or 3 hours in a little of the stock. Boil the stock, add a small blade of mace and the cocoanut, and simmer gently for 1 hour. Mix the rice flour smoothly with a little stock, boil the remainder, add the blended rice flour, and stir and boil gently for about 10 minutes. Season to taste, stir in the cream, and serve.

Time.—About 1¼ hours. Average Cost, 9*d.*, exclusive of the stock. Sufficient for 6 persons. Seasonable at any time.

COD.

Cod may be boiled whole, but a large head and shoulders are quite sufficient for a dish, and contain all that is usually served, because, when the thick part is done, the tail is insipid and overdone. The latter, however, cut in slices makes a very good dish for frying, or it may be salted and served with egg sauce and parsnips. Cod, when boiled quite fresh, is watery ; salted a little, it is rendered firmer. The liver is considered a delicacy, and a piece should, if possible, be bought and cooked with the fish.

COD, CURRIED.

Ingredients.—2 lbs. of cod, 1 pint of white stock (fish or meat), 2 ozs. of butter, 1 tablespoonful of flour, 1 dessert-spoonful of curry-powder, 1 medium-sized onion, salt and pepper, cayenne, a tablespoonful of lemon-juice.

Method.—Wash and dry the cod, and cut it into pieces about 1½ inches square. Melt the butter in a stewpan, fry the cod slightly, then take out and set aside. Add the sliced onion, flour, and curry-powder to the butter in the stewpan, and fry 15 minutes, stirring constantly to prevent the onion becoming too brown, then pour in the stock, stir until it boils, and afterwards simmer gently for 20 minutes. Strain and return to the saucepan, add lemon-juice and seasoning to taste, bring nearly to boiling point, then put in the fish, cover closely, and draw aside for about ½ an hour, or until the fish becomes thoroughly impregnated with the flavour of the sauce. An occasional stir must be given to prevent the fish sticking to the bottom of the stewpan. The remains of cold fish may be used, in which case the preliminary frying may be omitted.

TIME.—1½ hours. AVERAGE COST, from 1*s.* 9*d.* to 2*s.* SUFFICIENT for 5 or 6 persons. SEASONABLE from November to March.

COD, CUTLETS OF (Invalid Dish).

INGREDIENTS.—Thin slices of cod, lemon-juice, brown bread, butter.

METHOD.—Divide each slice of cod into small cutlets, place them on a greased baking-tin and sprinkle them lightly with salt, pepper, and lemon-juice. Cover with a buttered paper, and bake in a moderate oven for about 10 minutes. Serve the fish with slices of lemon, the liquor that has come from it in cooking, also thin slices of brown, buttered bread.

TIME.—10 minutes. AVERAGE COST, 8*d.* per lb.

COD-FISH PIE.

INGREDIENTS.—1½ lbs. of cold cod, 1 doz. oysters (tinned may be used), ½ pint of melted butter sauce, ½ lb. of short paste, or mashed potatoes, salt and pepper, nutmeg.

METHOD.—Take off the beards of the oysters, simmer them for a few minutes in a little water, then strain and mix with the oyster liquor (from fresh oysters). Cut the oysters into 2 or 4 pieces, according to size; divide the fish into large flakes, put half of it into the dish, lay the oysters on the top, season with salt and pepper, grate on a little nutmeg, add the melted butter sauce, and cover with the rest of the fish. Make the short crust paste according to directions given for short crust paste. Or, when a potato covering is preferred, season the potato with salt and pepper, and warm and stir in a saucepan, with a small piece of butter, and 2 or 3 tablespoonfuls of milk. Bake about ½ an hour in a moderate oven.

TIME.—From 1 to 1¼ hours. AVERAGE COST, 1*s.* 9*d.* to 2*s.* SUFFICIENT for 5 or 6 persons. SEASONABLE from November to March.

COD, HASHED.

INGREDIENTS.—2 lbs. of cooked cod, 2 ozs. of butter, 1½ ozs. of flour, 1 pint of milk, ¼ pint of picked shrimps, pepper and salt, mashed potatoes, chopped parsley.

METHOD.—Blend the butter and flour in a stewpan, and fry for a few minutes without allowing them to colour. Add the milk, and stir until boiling. Put in the cod, flaked into small pieces, and the shrimps. Cook these together until thoroughly hot, and season carefully. Make a deep border of mashed potatoes on a hot dish. Pour the hash in the centre, and sprinkle a little chopped parsley over the top.

TIME.—½ an hour. AVERAGE COST, 1*s.* 10*d.* to 2*s.* SUFFICIENT for 4 or 5 persons. SEASONABLE from November to March.

COD RÉCHAUFFÉ.

INGREDIENTS.—1 lb. of cooked cod, ½ pint of white sauce, 1 teaspoonful of mushroom sauce, ½ a teaspoonful of anchovy-essence, ½ a teaspoonful of mixed mustard, butter, breadcrumbs, salt and pepper.

METHOD.—Free the fish from skin and bones, and separate it into large flakes. Make the sauce as directed, add the mushroom sauce, anchovy essence, mustard, and salt and pepper to taste, put in the fish, mix well together, then turn the whole into a well-buttered fireproof baking-dish. Cover the surface lightly with breadcrumbs, add a few pieces of butter, bake in the oven until well browned, then serve in the dish.

TIME.—To bake, about 15 minutes. AVERAGE COST, 8*d.* to 10*d.*, exclusive of the fish. SUFFICIENT for 3 or 4 persons. SEASONABLE from November to March.

COD SOUNDS.

METHOD.—These, salted, as they are generally bought, should be soaked in milk and water for several hours, and then boiled in milk and water until tender, when they should be drained and served with egg sauce. When suitably dressed, they may be served as an entrée or breakfast dish.

AVERAGE COST. — 6*d.* SEASONABLE from November to March.

COD SOUNDS, à la Maître d'Hôtel.

INGREDIENTS.—2 lbs. of cod sounds, 4 ozs. of butter, 1 tablespoonful of lemon-juice, 1 dessertspoonful of finely-chopped parsley, 1 teaspoonful of finely-chopped onion, pepper.

METHOD.—Soak and boil the sounds, and cut them into small pieces. Melt the butter, fry the onion for 2 or 3 minutes without browning, then put in the lemon-juice, parsley, a good sprinkling of pepper, and the fish. Make hot, and serve.

TIME.—About 1 hour, after soaking. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 6 or 7 persons. SEASONABLE from November to March.

COD SOUND PATTIES.

INGREDIENTS.—1 or 2 cod sounds, ¼ pint of white sauce (about), white stock, 2 tablespoonfuls of cream, milk, salt, pepper, mace, puff paste cases, oysters, if liked.

METHOD.—Salted sounds should be soaked in warm water for several hours, fresh sounds simply washed in warm water; in both cases the dark skin must be scraped off. Cover them with equal parts of white stock and milk, add salt, pepper and a small blade of mace, and simmer gently for about ½ an hour. Drain and cut them into rather large dice; add the cream to the white sauce, stir the prepared sounds lightly in, and pour the preparation into the puff paste cases. Put on the pastry covers, make thoroughly hot and serve. A few oysters previously blanched and halved will improve the flavour.

TIME.—½ an hour to cook the sounds. COST, about 6*d.* per pound. QUANTITY, allow 1 patty to each person. SEASONABLE from November to March.

COD SOUND PATTIES (Economical).

INGREDIENTS.—1 or 2 cod sounds, milk, salt, pepper, mace, ¾ oz. of butter, ¾ oz. of flour, paste, 1 egg.

Method.—Prepare the sounds as directed in the preceding recipe. Cover them with equal parts of milk and water, add salt and pepper to taste, and a small blade of mace. Simmer gently until about three-quarters cooked (20 minutes), then drain and preserve the liquor, and cut the sounds into large dice. Melt the butter in a small stewpan, stir in the flour, strain in the liquor, and season to taste. Let it boil gently for 2 or 3 minutes, stirring meanwhile; add the prepared sounds, and put the mixture aside to cool. Line some deep patty-pans with paste, fill them with the preparation, piling it rather high. Cover with paste, brush over with beaten egg, and bake in a moderately hot oven for about 20 minutes.

Time.—To bake, about 20 minutes. Cost, about 1*d*. each. Quantity, allow 1 to each person. Seasonable from November to March.

COD SOUNDS WITH PIQUANTE SAUCE.

Ingredients.—2 lbs. of cod sounds, ¾ pint of piquante sauce.

Method.—Soak and boil the sounds, and cut them into small pieces. Make the sauce as directed, put in the pieces of sound, make hot, and serve.

Time.—About 1 hour, after soaking. Average Cost, from 1*s*. 3*d*. to 1*s*. 6*d*. Sufficient for 6 or 7 persons. Seasonable from November to March.

COD STEAKS.

Ingredients.—2 slices of cod 1 to 1¼ inches thick, 1 tablespoonful of flour, ½ a teaspoonful of salt, ⅛ of a teaspoonful of pepper, 2 tablespoonfuls of oiled butter, 1 teaspoonful of lemon-juice, frying-fat.

Method.—Wash and thoroughly dry the fish. Mix together the flour, salt and pepper, and coat the fish completely with the mixture. Have ready in a frying-pan a good layer of hot fat, put in the fish and fry until crisp and well browned on both sides. Meanwhile melt the butter, add to it the lemon-juice, and, if liked, a little finely-chopped parsley, or omit both lemon-juice and parsley, and serve simply with oiled butter. When more convenient the fish may be baked in the oven, but it lacks the crispness obtained by frying.

Time.—½ an hour. Average Cost, about 10*d*. Sufficient for 3 or 4 persons. Seasonable from September to April.

COD STEAKS (Australian Recipe).

Ingredients.—3 or 4 slices of fresh-water cod, 2 yolks of eggs, capers, salad-oil, vinegar, pepper and salt.

Method.—Wash, dry the fish thoroughly, and brush each slice over with salad oil. Add a good seasoning of salt and pepper to the yolks of eggs, stir them with a wooden spoon in a small basin until thick, then add salad-oil, a few drops at a time, until the preparation has the consistency of very thick cream. Cut the capers in halves, and add them with a few drops of vinegar to the sauce. Grill the cod steaks over or in front of a clear fire, and serve hot. The sauce should be served separately,

Time.—To grill the fish, from 20 to 25 minutes. Average Cost, 1*s*. 6*d*. to 1*s*. 9*d*.

COD WITH PARSLEY BUTTER.

Ingredients.—2 lbs. of cod (cold remains will serve), 4 ozs. of butter, 1 teaspoonful of finely-chopped onion, 1 teaspoonful of finely-chopped parsley, the juice of ½ a lemon, pepper.

Method.—Boil the cod, and afterwards separate into large flakes. Melt the butter in a stewpan, add the onion, and fry for 2 or 3 minutes without browning; then put in the parsley, lemon-juice, a good pinch of pepper, and the fish. Shake gently over the fire until quite hot, then serve.

Time.—30 to 40 minutes. Average Cost, 1*s.* 6*d.* to 2*s.* 6*d.* Sufficient for 5 or 6 persons. Seasonable from November to March.

COD'S HEAD AND SHOULDERS.

Ingredients.—Cod's head and shoulders, salt, lemon.

Method.—Cleanse the fish thoroughly, and rub a little salt over the thick part and inside the fish 1 or 2 hours before dressing it, as this very much improves the flavour. Lay it in the fish-kettle, with sufficient hot water to cover it. Be very particular not to pour the water on the fish as it is liable to break, and keep it only just simmering. If the water should boil away, add a little, pouring it in at the side of the kettle, and not on the fish. Skim very carefully, draw it to the side of the fire, and let it gently simmer till done. Garnish with cut lemon, and serve with either oyster or caper sauce.

Time.—20 to 35 minutes, according to size. Average Cost, from 4*d.* to 9*d.* per lb. Allow 3 lbs. for 6 persons. Seasonable from November to March.

COD'S LIVER, MINCED AND BAKED.

Ingredients.—A cod's liver, 12 sauce oysters, ¼ pint of white sauce, butter, breadcrumbs, salt and pepper.

Method.—Parboil the liver and cut it into small pieces. Blanch the oysters in their own liquor, which afterwards strain and add to the white sauce. Halve or quarter the oysters, mix them with the prepared liver, and season to taste. Place the mixture in buttered scallop shells, add a little sauce, cover lightly with breadcrumbs, and on the top place 2 or 3 small pieces of butter. Bake in a moderately hot oven for 10 to 15 minutes, then serve.

Time.—To bake, about 10 minutes. Average Cost, 1*s.* 6*d.* to 1*s.* 9*d.* Sufficient for 5 or 6 scallops. Seasonable from November to March.

COD'S LIVER QUENELLES.

Ingredients.—½ lb. of cod's liver, 2 tablespoonfuls of breadcrumbs, 1 teaspoonful of finely-chopped parsley, the yolks of 2 or 3 eggs, salt and pepper.

Method.—Wash and dry the liver, chop it finely, and mix with it the breadcrumbs and parsley. Add sufficient yolk of egg to bind the whole together, taking care not to make the mixture too moist. Season to taste, shape into quenelles (*see* Veal, Quenelles of), poach until firm, and serve with a suitable sauce.

Time.—To poach, from 10 to 15 minutes. Sufficient for 4 or 5 persons. Seasonable from November till March.

COD'S ROE CROÛTES.

Ingredients.—½ lb. of smoked cod's roe, 8 oval-shaped croûtes of fried bread, 1 oz. of butter, ½ a teaspoonful of finely-chopped chives or shallot, ½ a teaspoonful of finely-chopped parsley, pepper, cayenne.

Method.—Soak the roe in water for 1 hour to soften it, then drain and dry it thoroughly. Heat the butter in a sauté or frying-pan, cut the roe into 8 slices, and fry them lightly on both sides. Sprinkle the croûtes with shallot, parsley, and pepper, lay a slice of roe on each, add a few grains of cayenne, and serve as hot as possible. A more elaborate appearance may be given to the dish by decorating the roes with strips of gherkin and hard-boiled white of egg, or anchovy butter.

TIME.—1¼ hours. AVERAGE COST, 1*s.* to 1*s.* 4*d.* SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

Note.—Fresh roe also may be dressed in this manner. It should first be well washed, then covered with boiling water, seasoned with a dessertspoonful of vinegar, and ½ a teaspoonful of salt, boiled gently for 10 minutes, and when cold cut into slices, and cooked as directed above.

COD'S ROE, FRIED.

INGREDIENTS.—1 lb. of cod's roe, 1 egg, breadcrumbs, frying-fat.

METHOD.—Boil the roe for 15 minutes, then drain and cut it into slices. When cold, brush over with egg, roll in breadcrumbs, and fry, until nicely browned, in hot fat.

TIME.—From 35 to 40 minutes. AVERAGE COST, 8*d.* to 10*d.* SUFFICIENT for 3 or 4 persons. SEASONABLE from November to March.

COD'S ROE SANDWICHES.

INGREDIENTS.—Cod's roe and liver, brown bread, butter, essence of anchovy, 1 finely-chopped small onion, 1 teaspoonful of finely-chopped parsley, lemon-juice or vinegar, salt and pepper.

METHOD.—Fry the onion in ½ oz. of butter until lightly browned, add the roe and liver, cut up small, the parsley, and seasoning to taste. Stir over the fire for a few minutes, then pound, sieve and spread it when cold on brown bread and butter. Press well, trim and cut into circles, squares or triangles. Dish tastefully, and serve garnished with watercress or parsley.

COD'S ROE, SCALLOPED.

INGREDIENTS.—Cod's roe, melted butter or white sauce, cream, brown breadcrumbs, salt, vinegar.

METHOD.—Wash and wipe the cod's roe, and boil for 10 minutes in water with a little salt and vinegar. Cut into dice, and put into some melted butter made with cream or white sauce. Butter a scallop-tin, put in the roe, cover with brown breadcrumbs, and brown in the oven, or serve it on hot buttered toast. It is often used as garnish to other fish.

TIME.—½ an hour. AVERAGE COST, 1*s.* SEASONABLE in the Winter. SUFFICIENT for 3 or 4 persons.

COFFEE, BLACK.

INGREDIENTS.—To each ½ pint of water allow 1 heaped tablespoonful of coffee.

METHOD.—Black coffee is prepared in the ordinary way, and can be made successfully by any of the preceding methods. It should be made very strong, and strained free from grounds. Black coffee is generally taken alone without the addition of sugar.

COFFEE BUTTER.

INGREDIENTS.—¼ lb. of fresh butter, ¼ lb. of castor sugar, 1 yolk of egg, coffee essence.

METHOD.—Cream the sugar and yolk of egg for about 10 minutes, add coffee essence to taste, and the softened butter gradually. Work until thoroughly mixed and smooth, let it remain on ice until firm, stir again, then use for decorating, by means of a paper cornet, or bag and forcer.

AVERAGE COST.—6*d.*

COFFEE CREAM.

Ingredients.—½ pint of cream, ½ pint of milk, coffee essence, 2½ ozs. of castor sugar, ¾ oz. of gelatine, the yolks of 2 eggs.

Method.—Beat the yolks of eggs, add them to the milk when nearly boiling, stir until they thicken, then put in the sugar and cool slightly. Now dissolve the gelatine in 1 tablespoonful of water, and add it to the custard. Whip the cream stiffly, stir it into the custard when nearly cold, add the coffee essence, and pour into the prepared mould. Let the mould remain on ice in a cold place until firm.

Time.—About ½ an hour. Average Cost, from 1*s.* 6*d.* to 1*s.* 8*d.* Sufficient for 1 medium-sized mould.

COFFEE CREAM ICE.

Ingredients.—1½ ozs. of freshly roasted and ground coffee, 3 ozs. of castor sugar, 1 pint of custard (*see* Custard for Cream Ices), ½ gill of cream, 1 glass of Kirsch.

Method.—Pour boiling water over the coffee, infuse for about ½ an hour, then strain, add the sugar, and let it cool. Make the custard according to the recipe, stir in the coffee; when cool, add the Kirsch and whipped cream, and freeze in the usual way.

Time.—About 30 minutes. Average Cost, 1*s.* 6*d.* to 2*s.* Sufficient for 7 or 8 persons.

COFFEE CREAM ICE (Another Method).

Ingredients.—1 pint of very strong, clear coffee, 1¼ pints of cream, 4 ozs. of sugar.

Method.—Sweeten the coffee with the sugar, partially freeze it, then stir in the slightly-whipped cream, and continue the freezing.

Time.—About 30 minutes with cold coffee. Average Cost, 2*s.* Sufficient for 7 or 8 persons.

COFFEE CUSTARD.

Ingredients.—Coffee essence, 4 yolks of eggs, 2 whites of eggs, ½ pint of milk, sugar to taste.

Method.—Bring the milk nearly to boiling point, pour it over the eggs previously beaten, and add sugar and coffee essence to taste. Pour the custard into buttered china ramakin cases, bake until set, and serve either hot or cold.

Time.—About 20 minutes. Average Cost, 6*d.* Sufficient for 6 or 8 ramakins.

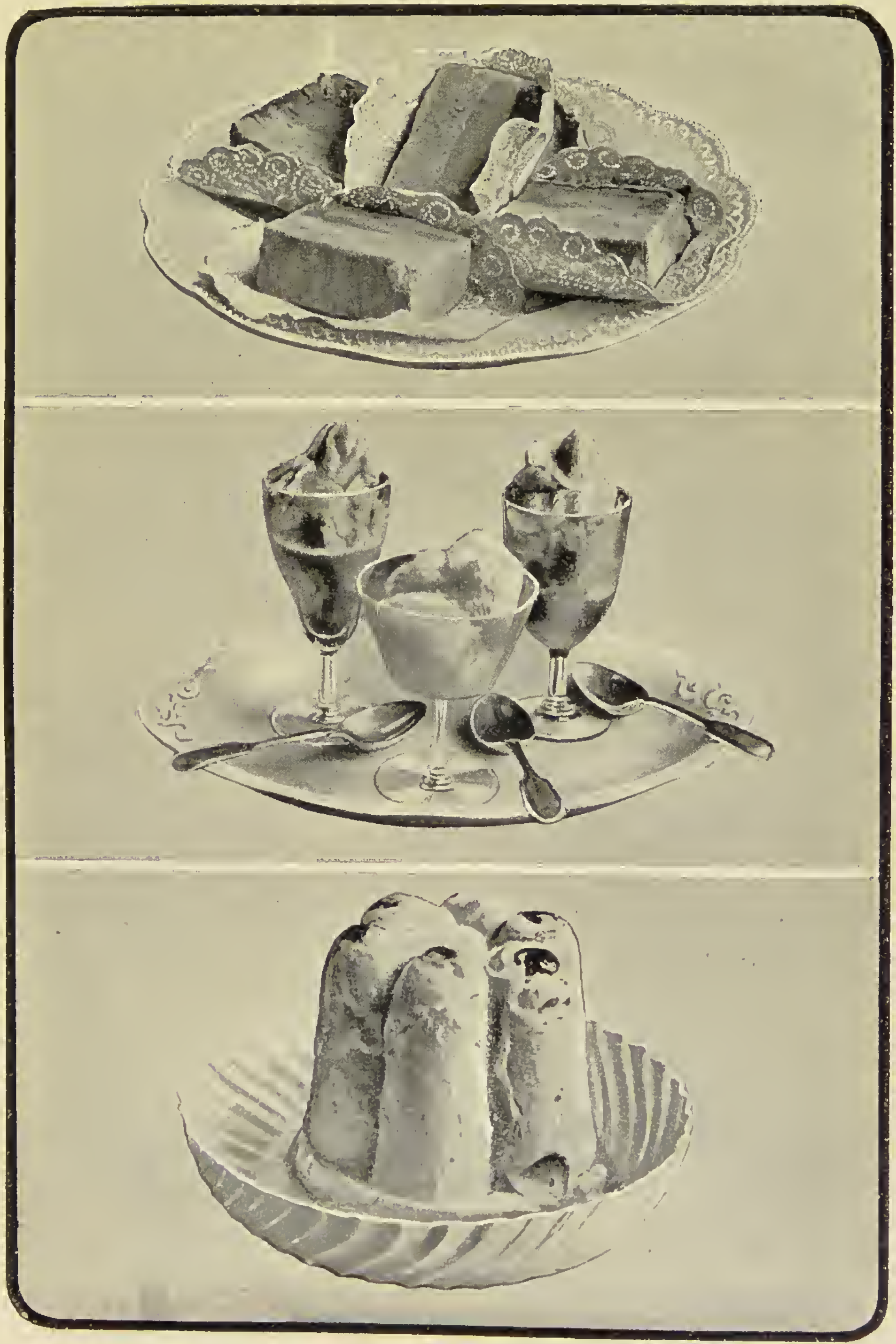
Note.—Also see Moka Custard for Filling Éclairs.

COFFEE ÉCLAIRS.

Ingredients.—½ pint of milk, 2 ozs. of butter, 2 ozs. of cornflour, 2 ozs. of Vienna flour, 3 eggs, ½ a teaspoonful of vanilla essence, a pinch of salt, 1 oz. of castor sugar, Moka custard for filling, coffee icing for covering.

Method.—Put the water, butter, sugar and salt into a stewpan, when boiling, stir in the cornflour and Vienna flour (previously mixed), work it with a wooden spoon over the fire, sufficiently long to produce a soft paste which will leave the side and bottom of the pan clean. Draw the stewpan from the fire, add the flavouring essence, and work the eggs in gradually (leaving out 1 white). Beat the paste well for some minutes, then put in it a large forcing or savoy bag with a plain tube, and force out even-sized shapes, similar to finger biscuits, on to a lightly-buttered baking tin, about 1 inch apart from each other. Bake to a nice fawn colour in a moderate oven. When done, split the sides with a sharp knife,

ICES. No. 1.



1. Neapolitan Ices. 2. Fruit Sorbets. 3. Nesselrode Pudding.

DESSERT. No. 1.

1. Spanish Nuts. 2. Pulled Figs. 3. Almonds.

and fill each with 1 teaspoonful of Moka custard. Have ready some coffee icing, and dip each éclair into it, so as to cover the surface and sides well and smoothly. Place the éclairs on a wire tray to set, and dish up when required.

COFFEE, ICED.

Ingredients.—1 quart of strong, clear, hot coffee, ½ pint of milk, ½ pint of cream, 6 ozs. of castor sugar, 1 inch of vanilla pod.

Method.—Place the milk, sugar, and vanilla in a stewpan, bring nearly to boiling point, then add the coffee, and let the mixture cool. Now strain, stir in the cream, freeze until it has the consistency of thick cream, and serve in this condition. Castor sugar should be handed with the coffee.

Time.—About 1 hour. Average Cost, 1*s.* 4*d.* to 1*s.* 6*d.* Sufficient for 7 or 8 persons.

COFFEE JELLY.

Ingredients.—½ pint of strong, clear coffee, ½ pint of water, ½ oz. (full weight) of leaf gelatine, sugar to taste.

Method.—Put the water and gelatine into a small stewpan, stir by the side of the fire until dissolved, then pass through a fine strainer into a basin. Add the coffee, sweeten to taste, and turn into a mould previously rinsed with cold water. Turn out when set, and serve.

Time.—From 20 to 25 minutes. Average Cost, 3*d.* Sufficient for 1 pint of jelly.

COFFEE MOULD.

Ingredients.—1 pint of milk, 1 dessertspoonful of coffee essence, 1½ ozs. of castor sugar, ½ oz. of leaf gelatine.

Method.—Boil the milk, pour it over the gelatine, when dissolved stir in the sugar and coffee essence to taste. Stir occasionally until the preparation becomes cold and creamy, then pour into a wetted mould.

Time.—From 30 to 35 minutes. Average Cost, 4*d.* Sufficient for 4 or 5 persons.

COFFEE OR MOCKA CAKE.

Ingredients.—½ lb. of butter, ½ lb. of brown sugar, ¼ lb. of golden syrup, ½ lb. of currants, ½ lb. of sultanas, 1½ lbs. of flour, ½ oz. of baking-powder, 2 eggs, ½ oz. of nutmeg, cloves and cinnamon mixed, coffee.

Method.—Sieve the baking-powder with the flour into a pan, add the spices, sugar, and butter, rub well together, make a well in the centre, pour in the syrup, add about ¼ pint of strong cold coffee, break in the eggs, and beat well together; then mix in the other ingredients with a strong wooden spoon, using a little milk if not moist enough, mix in the fruit last, and then bake in a long square cake-pan nicely papered.

Time.—1 to 2 hours. Average Cost, 2*s.*

COFFEE SAUCE.

Ingredients.—2 ozs. of raw coffee-berries, 1 dessertspoonful of arrowroot or cornflour, 1 glass of brandy, sugar to taste, ½ pint of boiling water.

Method.—Roast the coffee-berries in a pan over a quick fire until well browned, then pound them in a mortar. Pour the boiling water over the prepared coffee, let it stand for a few minutes, then strain it into a saucepan. Blend the cornflour smoothly with the brandy, stir it into the coffee, sweeten to taste, simmer gently for 5 minutes, then serve.

TIME.—About ½ an hour. AVERAGE COST, *6d.*

COFFEE SAUCE FOR CREAM ICE.

INGREDIENTS.—6 tablespoonfuls of freshly-ground coffee, ¾ pint of boiling water, 3 ozs. of castor sugar, 5 yolks of eggs, 2 sheets of gelatine.

METHOD.—Pour the boiling water over the coffee, let it stand until clear, then strain it into a saucepan. Beat the yolks of eggs and sugar together, and dissolve the gelatine in a very little cold water. Add both to the coffee, stir and cook slowly until the preparation has the consistency of thick cream, then strain, and serve separately when quite cold.

TIME.—About ½ an hour. AVERAGE COST, 1*s.* 4*d.* to 1*s.* 6*d.* SUFFICIENT for 1 pint of sauce.

COFFEE, TO MAKE.

INGREDIENTS.—Allow 1 good tablespoonful of freshly-ground coffee to each ½ pint of water.

METHOD.—Place the coffee in the coffee chamber of a cafétiere, and pour the boiling water through the distributor on to the coffee. When the boiling water has percolated through the fine strainer with which the coffee-pot is provided, and has been allowed to stand for a few minutes, it will be found to be quite clear and ready to serve. Coffee may be allowed to just come to the boil, but boiling it, even for a short time, quite destroys its flavour and aroma.

COFFEE, TO MAKE (Another Method).

INGREDIENTS.—Allow 2 good teaspoonfuls of freshly-ground coffee to each ½ pint of water.

METHOD.—Make hot an ordinary china jug, put in the coffee, pour on to it the boiling water, and stir vigorously. Allow the jug to stand for 5 minutes, closely covered, where the contents will remain just below boiling point, then pour out a cup of coffee, and at once pour it back into the jug. Repeat this carefully 2 or 3 times, cover, let the coffee stand five minutes longer to settle, then pour, without disturbing the grounds, into a hot coffee-pot or jug, and serve as hot as possible.

COFFEE WITH MILK.

This beverage is merely strong black coffee to which hot milk is added, generally in the proportion of 2 or 3 parts milk to 1 part coffee. It is usual to pour the two liquids into the cup at the same time.

COLD CABINET PUDDING.

INGREDIENTS.—Savoy biscuits, 2 ozs. of ratafias, 1 oz. of castor sugar, ½ oz. of leaf gelatine, ½ pint of milk, ½ gill of cream, the yolks of 4 eggs, jelly, cherries, angelica.

METHOD.—Prepare the mould as directed for the recipe for Charlotte Russe. Bring the milk and sugar nearly to boiling point, stir it into the beaten yolks of the eggs, replace in the stewpan, and stir by the side of the fire until the mixture thickens, but it must not boil. Dissolve the gelatine in 1 or 2 tablespoonfuls of water, add it to the custard, and when nearly cold stir in the cream, and flavour to taste with vanilla. Place the ratafias and trimmings off the Savoy biscuits in the mould, and pour the preparation, when cold and on the point of setting, over them. Place on ice or in a cold place until firm.

TIME.—From 30 to 35 minutes, after the mould is prepared. AVERAGE COST, 1*s.* 6*d.* to 1*s.* 9*d.* SUFFICIENT for 1 medium-sized mould.

COLD MEAT KEDGEREE.

INGREDIENTS.—6 ozs. of coarsely chopped cooked meat, 4 ozs. of cooked rice, 2 hard-boiled eggs, 1 oz. of butter, 1 finely-chopped shallot or small onion, ½ a teaspoonful of finely-chopped parsley, nutmeg, salt and pepper.

METHOD.—Prepare the rice as for curry, chop the whites of the eggs coarsely, rub the yolks through a wire sieve and keep them warm. Melt the butter in a stewpan, slightly fry the shallot or onion, add the meat and cook for 2 or 3 minutes, then put in the rice, the whites of eggs, a good pinch of nutmeg, and season well with salt and pepper. Stir over the fire until thoroughly hot, then arrange in a pyramidal form on a hot dish, garnish with the yolks of eggs and parsley, and serve.

TIME.—½ an hour. AVERAGE COST, 1*s.* 2*d.* SUFFICIENT for 4 or 5 people. SUFFICIENT for a dish. SEASONABLE at any time.

COLD MEAT SALAD.

INGREDIENTS.—Cold roast or boiled meat, 4 anchovy fillets, 2 shallots, 2 tablespoonfuls of salad-oil, 1 tablespoonful of wine vinegar, ½ a teaspoonful of finely-chopped parsley, 1 teaspoonful of French mustard, salt and pepper. For garnishing: finely-shredded pickled gherkins, finely-chopped capers.

METHOD.—Cut the meat into strips about 2½ inches in length and 1 inch in width. Chop the shallots and fillets of anchovy finely, put them into a basin, add ½ a teaspoonful of parsley, the oil, vinegar and mustard, season with a little salt and pepper, then stir in the slices of meat, cover, and put aside for 2 hours, stirring occasionally. When ready to serve arrange the salad in a pyramidal form in a salad bowl, garnish with strips of gherkin and chopped capers, and serve.

COLLEGE PUDDINGS.

INGREDIENTS.—4 ozs. of bread-crumbs, 4 ozs. of finely-chopped suet, 2 ozs. each of currants and sultanas, cleaned and picked, 2 ozs. of sugar, 2 eggs, a good pinch each of grated nutmeg, ground cloves, ground cinnamon, and salt, ½ a teaspoonful of baking-powder.

METHOD.—Mix all the dry ingredients together, add the eggs, previously well beaten, and stir until thoroughly mixed. Put the mixture into well-buttered dariol moulds, and either bake for about 25 minutes or steam 35 minutes. Serve with a good wine or brandy sauce.

TIME.—About 1 hour. AVERAGE COST, 8*d.* to 9*d.* SUFFICIENT for 6 or 7 persons.

COLLOPS, MINCED.

INGREDIENTS.—1 lb. of rump steak, 1½ ozs. of butter, 1 small onion or 2 shallots finely chopped, a bouquet-garni (parsley, thyme, bay-leaf), 1 tablespoonful of mushroom ketchup or walnut liquor (lemon-juice or vinegar may be substituted), 1 tablespoonful of flour, ¼ pint of stock or water, salt and pepper, toast.

METHOD.—Mince the meat very finely by hand. Heat the butter in a sauté-pan or frying-pan, fry the onion until lightly browned, then add the flour and fry a little; next put in the meat, and stir over the fire for a few minutes. Add the stock or water, bouquet-garni, and mushroom ketchup, and season to taste with salt and pepper. Cook very slowly for 15 minutes, then serve garnished with sippets of toasted bread.

Time.—To cook, altogether about 25 minutes. Average Cost, 1*s.* 6*d.* Sufficient for about 3 persons. Seasonable at any time.

COMPOTE OF APPLES WITH CREAM.

Ingredients.—1 lb. of sour cooking apples, 4 ozs. of loaf sugar, 1 oz. of vanilla sugar, ½ pint of cream, ½ pint of milk, 2 cloves, the thinly-cut rind of ½ a lemon, 2 yolks of eggs, 1 glass of sherry, 1 glass of Maraschino.

Method.—Pare, core, and stew the apples with the loaf sugar, cloves, lemon-rind, and a little water until tender, then drain well, and place them in a glass dish. Bring the milk nearly to boiling point, add the beaten yolks of eggs, stir, and cook slowly until they thicken, then add the cherry and vanilla sugar. Stir frequently until the custard is quite cold, then pour it over the apples. Whip the cream stiffly, sweeten to taste with castor sugar, add the Maraschino, pile lightly on the top of the custard, then serve.

Time.—Altogether, from 2 to 2½ hours. Average Cost, 1*s.* 9*d.* to 2*s.* Sufficient for 5 or 6 persons. Seasonable at any time.

COMPOTE OF FRUIT.

Ingredients.—½ lb. of loaf sugar, ¼ pint of water, fruit either fresh or preserved.

Method.—Dissolve the sugar in the water, boil until well reduced, skimming meanwhile. Immersion for a few minutes is all that is necessary when using preserved fruits; but fresh fruit must be simmered in the prepared syrup until sufficiently cooked, but not broken. The compote may be served as a separate sweet, or as an accompaniment to plain creams, blancmange, etc.

CONDIMENTS serve a useful purpose in dietetics, not only in enhancing the flavour of substances to which they are added, but also in inducing greater activity in digestive processes. A little additional seasoning of salt and pepper may be necessary, just before serving, to render a dish more palatable, but all condiments used for seasoning or flavouring should be added either before the dish is cooked or during the process of cooking, otherwise their full flavour cannot be imparted to the materials with which they are mixed.

CONFECTIONER'S CUSTARD

(Used as filling for pastry, etc.).

Ingredients.—4 yolks of eggs, 1½ pints of milk, 4 ozs. of castor sugar, ½ oz. of potato flour, 3 sheets of French gelatine, flavouring essence.

Method.—Mix the cornflour smoothly with a little milk, boil the remainder, add the sugar and blended cornflour, boil for 2 minutes, then pour over the beaten yolks of eggs, stirring meanwhile. Return to the stewpan and stir by the side of the fire until the mixture thickens, then add the gelatine, previously dissolved in 1 tablespoonful of water, and the flavouring essence, and use as required.

Average Cost.—9*d.*

COOKIES (American Dish).

Ingredients.—2 cups of flour, 1 cup of sugar, ½ cup of butter, ¼ cup of milk, 1 egg, 1 heaped teaspoonful of baking-powder.

Method.—Cream the butter and

sugar together until smooth and white, then beat in the egg, and stir in the milk. Pass the flour and baking-powder through a fine sieve, and stir them into the rest of the ingredients. The mixture must be firm enough to roll out, therefore dredge in more flour until the right consistency is obtained. Roll out thinly, stamp into rounds, and bake in a moderately hot oven until crisp.

Time.—To bake, about 20 minutes. Average Cost, 9*d*. Sufficient for 1¾ lbs. of cookies. Seasonable at any time.

CORN CAKES (Excellent way to make).

Ingredients.—½ lb. of cornmeal, ¾ lb. of flour, 2 teaspoonfuls of baking-powder, 1 teaspoonful of salt, 2 eggs, ½ lb. of golden syrup, milk.

Method. — Rub the baking-powder and salt well into the meal and flour, then mix into a nice pliable dough with the eggs and the syrup, using no more milk than is absolutely necessary. Bake on tin plates in a quick oven. Cut the cakes across like scones, and serve.

Time.—30 minutes. Average Cost, 1*s*. Sufficient for 4 small cakes.

CORNFLOUR BLANCMANGE.

Ingredients.—2 ozs. of cornflour or arrowroot, 1½ ozs. of castor sugar, 1 pint of milk, bay-leaf, or other flavouring.

Method.—Mix the cornflour smoothly with a little milk, boil the rest with the bay-leaf, and let it infuse for 10 or 15 minutes. Now stir in the blended cornflour, and cook gently for 5 minutes, then remove the bay-leaf, add the sugar, and pour into a mould, previously rinsed with cold water. Serve with jam, stewed fruit, or fruit syrup.

Time.—About ½ an hour. Average Cost, 4*d*. Sufficient for 4 or 5 persons.

CORNFLOUR CAKES.

Ingredients.—4 ozs. of cornflour, 4 ozs. of flour, 6 ozs. of butter, 6 ozs. of sifted sugar, 3 eggs.

Method.—Melt the butter, then add the other ingredients; beat for 20 minutes. Lay into patty-pans, and bake in a warm oven.

Time.—¼ of an hour. Average Cost, 1*s*. 2*d*. Sufficient for 2 dozen small cakes.

CORNFLOUR OR CORNMEAL FRITTERS.

Ingredients.—4 heaped tablespoonfuls of cornflour or cornmeal, 2 eggs well beaten, ½ pint of milk, ½ a saltspoonful of salt, frying-fat.

Method.—Mix the ingredients smoothly together, drop the batter, a tablespoonful at a time, into hot fat, and fry until crisp and lightly browned. Drain well, and serve with jelly, jam, or compote of fruit.

Time.—½ an hour. Average Cost, 5*d*. Sufficient for 4 or 5 persons.

CORNFLOUR PUDDING.

Ingredients.—1 pint of milk, 2 tablespoonfuls of cornflour, 1 tablespoonful of castor sugar, 2 eggs, a pinch of salt, the grated rind of ½ a lemon.

Method.—Mix the cornflour smoothly with a little milk, boil the remainder, and add to it the cornflour, stirring all the time. Return to the saucepan, and boil gently until it thickens, then cool slightly. Add the sugar, yolks of eggs, salt and lemon-rind, and stir for 2 or 3 minutes by the side of the fire. Whisk the whites to a stiff froth, lightly add them to the rest of the ingredients, pour into a buttered piedish, and bake slowly for ½ an hour.

TIME.—About 40 minutes. AVERAGE COST, 5*d.* to 6*d.* SUFFICIENT for 4 or 5 persons.

CORNFLOUR SAUCE.

INGREDIENTS.—½ pint of milk, 1 dessertspoonful (level) of castor sugar, 1 dessertspoonful (level) of cornflour, the rind of one lemon.

METHOD.—Remove the outer skin of the lemon in extremely thin shavings with a sharp knife, put them into the milk, and simmer for 5 minutes. Mix the cornflour smoothly with a little cold milk or water; strain the milk and add it to the cornflour, stirring all the time. Return to the saucepan, add the sugar, boil for 1 minute, and serve.

TIME.—About 15 minutes. AVERAGE COST, 2½*d.*

CORN, FRIED (Preserved).

INGREDIENTS.—1 tin of corn, 2 tablespoonfuls of oiled butter, 2 eggs, salt and pepper, butter for frying.

METHOD.—Pound the corn in a mortar until quite smooth, then work in the oiled butter and eggs, and season to taste. Form the mixture into small oval or round shapes, fry both sides until lightly browned, then serve.

TIME.—To fry, from 8 to 10 minutes. AVERAGE COST, 1*s.* 4*d.* to 1*s.* 6*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

CORN, GREEN, BOILED.

INGREDIENTS.—Green corn, butter, salt and pepper.

METHOD.—Remove all the husk from the corn except the inner layer; strip this down, and take away all the silk surrounding the corn. Replace the remaining layer of husk, tie securely, and place the ears in a stewpan containing sufficient boiling water to cover them. Boil gently from 15 to 20 minutes, then remove the strings, and serve with oiled butter highly seasoned with salt and pepper.

TIME.—To cook the corn, from 15 to 20 minutes. AVERAGE COST, uncertain. Allow 1 to each person. SEASONABLE from May to July.

CORNISH PASTIES.

INGREDIENTS.—For the pastry: 8 ozs. of flour, 3 ozs. of fat, 1 teaspoonful of baking-powder, 1 saltspoonful of salt. For the mixture: ¼ lb. of beef, ¼ lb. of potato (parboiled), ½ a teaspoonful of onion (parboiled and finely chopped), 2 tablespoonfuls of gravy or water, mixed herbs, salt and pepper to taste.

METHOD.—Cut the meat and potatoes into dice. add the onion, herbs, salt, pepper, and gravy, and mix well together. Mix the flour, baking-powder, and salt together, rub in the fat lightly, add the water, being careful not to make the paste too moist. Divide the paste into 8 equal portions, and roll them out, keeping the portions as round as possible. Pile the mixture in the centre of each piece of pastry, wet the edges and join together on the top to form an upstanding frill, prick them 2 or 3 times with a fork, and bake in a moderate oven for about ½ an hour.

TIME.—About 1 hour. AVERAGE COST, 6*d.*

CORNMEAL RELISH (American Dish).

INGREDIENTS.—1 can of Indian corn, 2 eggs, flour, anchovy essence, cayenne or paprika, frying-fat or oil.

METHOD.—Drain the corn well, and pound it finely, moistening it gradually with 2 eggs. Season rather highly with cayenne or paprika, and add anchovy essence to taste. Form the preparation into quenelles with two eggspoons, roll them lightly in seasoned flour, and fry in hot fat or oil until nicely browned. Drain well, and serve at once.

TIME.—½ an hour. AVERAGE COST, 1*s.* 3*d.* SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

CORN PUDDING American Dish).

INGREDIENTS.—3 tablespoonfuls of Indian meal, 1 tablespoonful of castor sugar, ¼ of a teaspoonful of finely-grated lemon-rind, 3 eggs, 1 pint of milk.

METHOD.—Mix the meal with a little cold milk, boil up the remainder, add the meal, sugar, and lemon-rind, stir and cook gently for a few minutes. When cool, add the well-beaten eggs, half fill well-buttered cups with the mixture, and bake in a moderately hot oven for ½ an hour.

TIME.—1 hour. AVERAGE COST, 8*d.* SUFFICIENT for 5 or 6 persons.

CORN, STEWED (Preserved).

INGREDIENTS.—1 tin of green corn, 1 oz. of butter, 1 oz. of flour, milk, salt and pepper.

METHOD.—Empty both corn and liquor into a stewpan, stew gently until the corn is tender, then drain and keep it hot, and with the liquor mix enough milk to make up ½ a pint. Heat the butter in a stewpan, add the flour, stir and cook for a few minutes without browning, then put in the milk. Stir the mixture until it boils, season to taste, put in the corn, simmer gently for 5 minutes, and serve.

TIME.—To cook the corn, about 20 minutes. AVERAGE COST, 1*s.* 4*d.* to 1*s.* 6*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

COTTAGE PUDDING.

INGREDIENTS.—8 ozs. of flour, 4 ozs. of finely-chopped suet, 4 ozs. of raisins stoned and halved, 4 ozs. of sugar, 1 egg, 3 or 4 tablespoonfuls of milk, ½ a teaspoonful of cream of tartar, ¼ of a teaspoonful of carbonate of soda, salt.

METHOD.—Mix the flour, suet, raisins, sugar, cream of tartar, and a good pinch of salt together. Dissolve the soda in the milk, add it to the well-beaten egg, mix well, and stir into the dry ingredients. The mixture must be rather stiff, but, at the same time, thoroughly moistened. Turn into a greased Yorkshire pudding-tin, and bake in a moderate oven from 30 to 40 minutes. Cut the pudding into squares, and serve.

TIME.—About 1 hour. AVERAGE COST, 7*d.* SUFFICIENT for 5 or 6 persons.

COTTAGE SOUP.

INGREDIENTS.—2 lbs. of lean neck of beef, ¼ lb. of streaky bacon, 1 onion, 1 carrot, ½ a turnip, 2 lbs. of potatoes, 2 ozs. of dripping, 1 tablespoonful of rice, salt, pepper, and 2 quarts of water.

METHOD.—Cut the meat into thin slices, the bacon into dice or cubes, and the soup vegetables into thin slices. Melt the fat in a stewpan, fry the bacon, meat, and onion until nicely browned, then add the sliced vegetables, the water, salt and pepper, cover closely and simmer for 1 hour. Meanwhile the potatoes should have been prepared, and if very large, cut in two. Add them to the soup, and when they have been cooking ½ an hour sprinkle in the rice. Cook gently for another ½ hour (2 hours altogether), and if the potatoes and rice are tender, season the soup to taste and serve.

TIME.—2¼ hours. AVERAGE COST, 1*s.* 9*d.* SEASONABLE at any time. SUFFICIENT for 6 persons.

COW-HEEL, BOILED.

INGREDIENTS.—1 cow-heel, 1 oz. of butter, 1 oz. of flour, 1 dessertspoonful of finely-chopped parsley, salt and pepper.

METHOD.—Wash the heel, put it into a saucepan, cover with cold water, and cook gently for 2 or 3 hours. Fry the flour and butter together, but do not let them brown, strain on to them ¾ of a pint of the liquor in which the cow-heel is cooking, stir until boiling, simmer for a few minutes, then add the parsley, and salt and pepper to taste. When sufficiently cooked, remove the bones, arrange the pieces of meat on a hot dish and pour the sauce over.

TIME.—About 3 hours. AVERAGE COST, 1*s.* 3*d.* SUFFICIENT for 4 persons.

COW-HEEL, FRIED.

INGREDIENTS.—1 cow-heel, 1 teaspoonful of finely-chopped parsley, the grated rind of ½ a lemon, 1 egg, breadcrumbs, 1 dessertspoonful of flour, ¼ of a teaspoonful of salt, ¼ of a teaspoonful of pepper, frying-fat.

METHOD.—Wash the cow-heel, and simmer it gently in stock or water for about 3 hours, or until the bones can be easily separated from the meat. Remove the bones, press the meat between 2 plates, until cold, then cut it into pieces 1½ inches square. Mix the flour, salt and pepper together on a plate; beat the egg, and add to it the parsley and lemon-rind. Dip each piece of meat in the flour mixture, coat thickly with egg, toss in breadcrumbs, and fry until nicely browned in a deep pan of hot fat. Arrange neatly on a folded napkin or dish-paper, garnish with fried parsley, and serve with piquante, tomato, or other suitable sauce.

TIME.—3½ hours. AVERAGE COST, 1*s.* 3*d.* to 1*s.* 10*d.* SUFFICIENT for 4 persons.

COW-HEEL SOUP.

INGREDIENTS.—1 cow-heel, 3 pints of water, 1 onion, 1 carrot, 1 strip of celery, 1 tablespoonful of sago or crushed tapioca, chopped parsley, lemon-juice, salt, pepper, grated nutmeg.

METHOD.—Clean and scald one cow-heel, divide into 4 parts, and put them in a stewpan with the cold water. Add a good pinch of salt, boil up, skim, and add soup, vegetables (onion, carrot, and celery). Let these simmer gently for 3 hours or longer, then strain and season. Remove some of the meat from the bones and cut it into very small pieces; put these with the broth, let it boil, and stir in a tablespoonful of sago or crushed tapioca. Boil for another 25 minutes, then serve, adding a little chopped parsley and lemon-juice just before sending it to table. This soup, when well made, is considered very delicious as well as nourishing.

TIME.—3 to 4 hours. AVERAGE COST, 1*s.* 9*d.* SUFFICIENT for 4 persons. SEASONABLE at any time.

CRAB APPLE JELLY.

INGREDIENTS. — Crab apples, sugar, lemon-juice, gelatine.

METHOD.—Halve the fruit, place

it in a preserving-pan with cold water to barely cover it, simmer gently until tender, then strain. Replace the liquor in the pan; to each pint allow 1 lb. of sugar and 1 dessertspoonful of lemon-juice, and simmer gently for ½ an hour, skimming meanwhile. Measure the liquor; to each pint allow ½ oz. of gelatine, dissolve it in a little warm water, and strain and add it to the contents of the preserving-pan. Pour into a prepared mould or jelly glasses, and serve when set. If closely covered the jelly may be kept for a considerable time.

TIME.—About 2 hours. AVERAGE COST, *7d.* or *8d.* per pint.

Note.—Also see recipe for Apple Jelly.

CRAB, DEVILLED.

INGREDIENTS.—1 medium-sized crab, ¼ pint of thick white sauce, 1 dessertspoonful of anchovy-essence, 1 dessertspoonful of chutney, 1 teaspoonful of vinegar (preferably chili), 1 teaspoonful of made mustard, 1 dessertspoonful of finely-chopped parsley, cayenne, salt and pepper, brown breadcrumbs.

METHOD.—Pick the meat from the shells, and put one claw aside. Mix together the white sauce, anchovy essence, chutney, vinegar, and mustard, season well with salt, pepper, and cayenne, then add the crab, except the one claw. Clean the shell, put in the mixture, cover lightly with browned breadcrumbs, and bake in a moderately hot oven for about 15 minutes. In the meantime separate the meat of the remaining claw into fine flakes, and warm between two plates either in the oven or over a saucepan of boiling water. Remove the crab from the oven, and garnish with the flaked claw and the chopped parsley.

TIME.—1 hour. AVERAGE COST, from 1*s.* to 2*s.* SUFFICIENT for 3 or 4 persons. SEASONABLE from April to October.

CRAB, DEVILLED (Another Method).

INGREDIENTS.—A medium-sized boiled crab, breadcrumbs, 1 teaspoonful of mixed mustard, 1 teaspoonful of Worcester sauce, 1 tablespoonful of oiled butter, cayenne, and salt to taste, cream or milk.

METHOD.—Remove the meat from the shell and claws, clean the shell, and put it aside. Chop the meat of the crab, add to it an equal quantity of breadcrumbs, the mustard, sauce, butter, and a very liberal seasoning of cayenne and salt. Mix well, if necessary moisten with a little milk or cream, then turn the whole into the prepared shell. Cover lightly with breadcrumbs, add a few small pieces of butter, and brown in a moderately hot oven.

TIME.—About 30 minutes. AVERAGE COST, 1*s.* 3*d.* to 1*s.* 4*d.* SUFFICIENT for 2 persons. SEASONABLE all the year.

CRAB OR LOBSTER, POTTED.

INGREDIENTS.—2 crabs or lobsters, ¼ pint of cream, 2 ozs. of butter, 3 yolks of eggs, salt and pepper, cayenne, clarified butter.

METHOD.—Pick the meat from the shells, chop it finely, and then put it into a stewpan with the butter and seasoning, and cook slowly for 20 minutes. Add the cream and yolks of eggs, stir, cook by the side of the fire until the mixture has the consistency of thick paste, then rub through a fine sieve, press into pots, and when cold cover with clarified butter.

Time.—From 40 to 60 minutes. Average Cost, 2*s.* to 3*s.* Seasonable at any time.

CRAB, POTTED (Another Method).

Ingredients.—2 crabs, salt, cayenne, mace, clarified butter (from 4 to 5 ozs.).

Method.—Pick the meat from the shells, pound it in a mortar with the seasoning, rub through a fine sieve, press it into small pots, cover with melted butter, and bake in a moderately hot oven for ½ an hour. When cold, cover each pot with clarified butter.

Time.—From 40 to 60 minutes. Average Cost, 1*s.* 6*d.* to 2*s.* Sufficient for 2 or 3 pots. Seasonable at any time.

CRAB SALAD.

Ingredients.—1 medium-sized crab, 1 hard-boiled egg, 3 tablespoonfuls of salad-oil, 1 tablespoonful of vinegar, 1 good lettuce, 1 bunch of watercress, a few slices of pickled beetroot, a tomato, pepper and salt.

Method.—Pick the meat from the shell and shred it finely. Wash and dry the lettuce, and either break it or cut into small pieces; wash and pick the cress, and break it into small pieces; cut the tomato into thin slices. Mix the oil, vinegar, salt and pepper, put in the salad, stir lightly until thoroughly mixed, then add the crab, mix well, and garnish with the slices of beetroot and tomato, rings of white of egg, and the yolk, previously rubbed through a wire sieve.

Average Cost.—1*s.* 6*d.* to 2*s.* Sufficient for 4 or 5 persons. Seasonable from April to October.

CRAB SAUCE.

Ingredients.—½ pint of white sauce, 1 medium-sized crab, 1 teaspoonful of anchovy essence, a few drops of lemon-juice, cayenne.

Method.—The fish stock required for the white sauce may be obtained by simmering the crab shell (previously made clean and broken into small pieces) in milk and water. Cut the crab in small pieces, add it with the anchovy essence, lemon-juice, and cayenne to the hot sauce, draw the saucepan aside for a few minutes, then serve.

Time.—Altogether about 40 minutes. Average Cost, 9*d.* to 1*s.*

CRAB, SCALLOPED.

Ingredients.—1 or 2 crabs, cream, vinegar, breadcrumbs, salt and pepper, mustard.

Method.—Remove the meat from the claws and body, taking care to leave the unwholesome part near the head. Add about ½ its bulk in fine breadcrumbs, season to taste with salt, pepper, and mustard, and stir in a few drops of vinegar. Add cream until the right consistency is obtained, then turn into buttered scallop shells, and sprinkle the surface lightly with breadcrumbs. Place small pieces of butter on the top, and bake in a moderate oven until nicely browned.

Time.—To bake, about 20 minutes. Average Cost, 2*s.* to 3*s.* Sufficient, 2 crabs for 8 or 9 scallops. Seasonable from April to October.

CRAB, TO DRESS.

Ingredients.—1 medium-sized crab, 1 hard-boiled egg, 2 tablespoonfuls of vinegar, 2 tablespoonfuls of salad-oil, salt and pepper, cayenne.

METHOD. — Empty the shells, mix the meat with the vinegar and oil, and season well. Clean the large shell, put in the mixture and garnish with slices of lemon, parsley, and egg, the yolk rubbed through a wire sieve and the white coarsely chopped.

AVERAGE COST.—10*d*. to 1*s*. 6*d*. SUFFICIENT for 3 or 4 persons. SEASONABLE from April to October.

TO CHOOSE CRABS. — Crabs of medium size are the best, and, like lobsters, should be judged by their weight.

CRACKER PUDDING (Canadian Dish).

INGREDIENTS.—¼ lb. of finely-chopped beef suet, 1 cup of cracker crumbs, 3 cups of milk, 4 eggs, 2 tablespoonfuls of sugar, ½ a teaspoonful of salt.

METHOD.—Pour the milk over the crushed crackers, and let them soak while preparing the other ingredients. When ready, mix the suet with the cracker crumbs, add the sugar, salt, and lastly the well-beaten eggs, and stir well. Pour the mixture into a greased pie-dish, and bake from 40 to 50 minutes. Serve hot with jam or fruit sauce.

TIME.—To bake, from 40 to 50 minutes. AVERAGE COST, 1*s*. 2*d*. SUFFICIENT for 1 pudding. SEASONABLE at any time.

CRANBERRY PUDDING (*See* Apple Pudding, Boiled, and Damson Pudding).

CRANBERRY SAUCE (Canadian Recipe).

INGREDIENTS.—1 quart of cranberries, 1 lb. of sugar, 1 pint of water.

METHOD.—Pick the cranberries carefully, put them into a stewpan with the water, and cook slowly for about 1 hour, or until reduced nearly to a pulp. Stir from time to time during the process, and when they are sufficiently cooked stir in the sugar and turn into a dish to cool. Serve with turkey, ducks, or game.

TIME.—From 1 to 1¼ hours. AVERAGE COST, 8*d*. or 9*d*. SUFFICIENT, about 1 pint. SEASONABLE from October to March.

CRANBERRY SAUCE, for Roast Turkey, Fowl, etc. (American Recipe).

INGREDIENTS.—¼ pint of cold water, 1 pint of cranberries, 2 ozs. of castor sugar, 1 tablespoonful of red currant jelly, ½ a glass of port wine.

METHOD.—Wash the cranberries in cold water. Put them into a saucepan with the water, and simmer gently for ½ an hour, then add the sugar, wine, and red currant jelly. Boil again, and strain. Serve either hot or cold in a sauce-boat or glass dish.

TIME.—35 to 40 minutes. AVERAGE COST, 7*d*. to 9*d*. for this quantity.

CREAM BUNS.

INGREDIENTS.—Choux paste (*see* Recipe for Choux Paste), ½ pint of cream, castor sugar.

METHOD.—Shape the paste as directed in the recipe for Coffee Eclairs, and bake them from 10 to 15 minutes. When cool, make an incision on one side, scoop out the soft interior, and fill them with stiffly-whipped sweetened cream. Dredge with castor sugar, and serve.

TIME.—From 1¼ to 1½ hours. AVERAGE COST, 2*d*. each. SUFFICIENT for 1 dish.

CREAM CHEESE.

Ingredients.—3 pints of double cream.

Method.—Tie the cream in a clean wet cloth, and hang it in a cool place for 6 or 7 days. At the end of this time put it into a mould, previously lined with butter muslin, and place it under slight pressure for 2 or 3 days, turning it 2 or 3 times daily.

CREAM ICES (from fresh fruit).

Ingredients.—1 pint of milk, ½ pint of cream, ½ pint of fruit pulp, sugar to taste (10 to 12 ozs.), the juice of 1 lemon, the white of 1 egg.

Method.—Put the milk and sugar into a stewpan, bring to the boil and cool. Pass the fruit through a fine hair sieve, add the lemon-juice and milk to the pulp thus formed, and stir in lightly the stiffly-whipped cream. When the mixture is partially frozen, add the well-whisked white of egg, and continue the freezing.

Time.—From 30 to 35 minutes. Average Cost, 1*s.* 8*d.* to 2*s.* Sufficient for 7 or 8 persons.

Note.—In a recipe of this description the exact amount of sugar cannot be stated. It varies with the fruit; but it must be added with discretion, for if the mixture be made too sweet, freezing is extremely difficult, while, on the other hand, if not sufficiently sweetened the ice becomes too solid.

CREAM ICES (from preserved fruit).

Ingredients.—1 pint of milk, 1 gill of cream, 3 yolks of eggs, sugar to taste, 6 ozs. of preserved fruit, pulp, or jam, such as strawberry, raspberry, greengage, apricot, peach, pineapple, etc.

Method.—Beat the yolks of eggs, add the milk when nearly boiling, replace in the stewpan, and stir by the side of the fire until they thicken, but the mixture must not boil. Strain, add the sieved jam or fruit pulp, sweeten to taste, and brighten the colour by adding a few drops of carmine, saffron, or spinach greening, according to the fruit used. Let the preparation cool, then add the stiffly-whipped cream, and freeze as directed.

Time.—About an hour. Average Cost, 1*s.* to 1*s.* 3*d.* Sufficient for 7 or 8 persons.

CREAM SAUCE (For Sweetbreads, Chickens, Soles).

Ingredients.—3 tablespoonfuls of Béchamel sauce, 2 tablespoonfuls of cream, 1 oz. of butter, 2 yolks of eggs, a few drops of lemon-juice, salt and pepper.

Method.—Put all the ingredients except the lemon-juice into a small saucepan, which must be placed either in a bain-marie or in a larger shallow pan, half full of boiling water. Stir the mixture until it acquires the consistency of thick cream, then pass through a tammy-cloth, re-heat, add the lemon-juice, and use.

Time.—20 to 30 minutes. Average Cost, 6*d.* to 7*d.*

CREAM SNOW.

Ingredients.—1 pint of cream, the whites of 2 eggs, 1 tablespoonful of castor sugar, vanilla essence.

Method.—Whip the cream and whites of eggs separately to a stiff froth, then mix them lightly together, add the sugar, and flavour to taste with vanilla. Pile in a glass dish, and, if liked, garnish with cherries and strips of angelica.

Time.—About 20 minutes. Average Cost, 1*s.* 9*d.* to 2*s.* Sufficient for 6 or 7 persons.

CREAM, SOLID.

Ingredients.—1 pint of double cream, castor sugar to taste, 1 dessertspoonful of lemon-juice, 2 tablespoonfuls of brandy.

Method.—Whip the cream stiffly, add the lemon-juice and brandy, and sweeten to taste. Serve in jelly glasses.

Time.—25 minutes. Average Cost, 2*s.* 6*d.* Sufficient for 6 or 7 persons.

CREAM SORBET.

Ingredients.—½ pint of cream, ½ lb. of loaf sugar, 1 oz. of vanilla sugar, the whites of 3 eggs, the juice of 2 lemons, ¼ gill of Maraschino, 1½ pints of boiling water.

Method.—Add the loaf sugar to 1½ pints of boiling water, reduce a little by boiling rapidly, skimming frequently meanwhile, and add the lemon-juice. Strain, and thoroughly cool, then stir in the vanilla sugar, stiffly-whipped cream, well-whisked whites of eggs, and Maraschino. Freeze to the required consistency, and serve.

Time.—About 1½ hours. Average Cost, 1*s.* 9*d.* to 2*s.* Sufficient for 7 or 8 persons.

CREAM TARTLETS.

Ingredients.—Short paste crust, apricot jam, ⅓ of a pint of cream, castor sugar.

Method.—Line 10 or 12 patty-pans with the paste, fill them with rice, with buttered paper between it and the paste, and bake until crisp in a brisk oven. When cool, about half fill them with jam, pile the stiff-whipped sweetened cream on the top, and serve cold.

Time.—About 10 minutes. Average Cost, 1½*d.* each. Sufficient for 10 or 12 tartlets.

CREAM, WHIPPED.

Ingredients.—½ a pint of double cream, 1½ ozs. of castor sugar, or to taste, 1 dessertspoonful of sherry, 1 dessertspoonful of brandy (the wine and brandy may be omitted), the juice and finely-grated rind of ½ a lemon.

Method. — Put the sherry, brandy, sugar, lemon-juice, and rind into a basin, and stir until the sugar is dissolved. Add the cream, and whip, slowly at first and afterwards more quickly, until firm. Serve as required. Raisin or other sweet wine may replace the sherry and brandy, or an equal quantity of raspberry or strawberry syrup.

Time.—About 15 minutes altogether. Average Cost, 1*s.* 8*d.* Sufficient for 6 or 7 persons.

CRESS SALAD.

Ingredients.—Watercress, mustard and cress, 2 hard-boiled eggs, French Orleans vinegar, tarragon vinegar, Provence oil, mignonette pepper, salt.

Method.—Mix together equal quantities of French Orleans vinegar, Provence oil, and tarragon vinegar. Season this with salt and mignonette pepper. Have ready some small cress and watercress thoroughly washed and trimmed. Drain well, and pour over the prepared dressing. Mix well, but lightly, and put into a salad-bowl. Garnish with hard-boiled eggs, and serve.

CROQUETTES OF CHICKEN, TURKEY, OR VEAL.

Ingredients.—½ lb. of finely-chopped chicken, turkey, or veal, 2 ozs. of finely-chopped cooked ham or bacon, ½ pint of stock, 4 ozs. of coarse-grained Florador, 1 oz. of butter, 1 finely-chopped shallot, or very small onion, salt and pepper, 2 eggs, breadcrumbs, frying-fat, fried parsley.

METHOD.—Bring the stock to boiling point, sprinkle in the Florador, stir and cook until boiling, then simmer for 10 minutes, stirring occasionally. Melt the butter in a stewpan, fry the shallot until lightly browned, add the chicken and ham, stir and cook for a few minutes. Now put in the Florador and stock, add 1 egg, season to taste, stir over the fire for about 5 minutes to allow the eggs to thicken, then spread on a plate to cool. When ready to use, shape the mixture in the form of corks or balls, coat them with egg and breadcrumbs, and fry in hot fat until golden-brown. Drain well, and serve hot, garnished with fried parsley.

TIME.—3 hours. AVERAGE COST, *6d.*, exclusive of the meat. SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

CROQUETTES OF FRUIT.

INGREDIENTS.—¾ lb. of cooking cherries, damsons, or plums, 1½ lbs. of Savoy biscuits or Genoese cake finely crumbled, 4 ozs. of sugar, 1 teaspoonful of finely-grated lemon-rind, a good pinch of cinnamon, egg and breadcrumbs, frying-fat.

METHOD.—Stone the fruit, place it in a jar with the sugar, and stew gently until tender (*see* Fruit, Stewed). Strain off the juice, stir in the cake crumbs, lemon-rind and cinnamon, add juice gradually until the right consistency is obtained, then spread on a dish to cool. Form into cork-shaped pieces, coat carefully with egg and breadcrumbs, and fry in hot fat until nicely browned (breadcrumbs may be used instead of cake-crumbs). Serve garnished with strips of angelica.

TIME.—About 3 hours. AVERAGE COST, 1*s.* *6d.* to 1*s.* *8d.* SUFFICIENT for 6 or 7 persons.

CROQUETTES OF HAM AND RICE.

INGREDIENTS.—½ lb. of finely-chopped cooked ham, ¼ lb. of cooked rice, 1 oz. of butter, 3 tablespoonfuls of white sauce, 1 finely-chopped shallot, powdered sage, fried parsley, salt and pepper, 1 yolk of egg, 1 whole egg, breadcrumbs, frying-fat.

METHOD.—Dry the rice well after cooking it, and chop it finely. Fry the shallot in the butter until lightly browned, then add the ham, rice, and a good pinch of sage, season with salt and pepper, and stir over the fire until hot. Now put in the white sauce and the yolk of egg mixed together, stir until the preparation thickens, then spread it on a plate. When cool shape into balls or corks, coat with egg and breadcrumbs, and fry in hot fat until nicely browned. Drain well, and serve garnished with fried parsley.

TIME.—From 2 to 3 hours. AVERAGE COST, 1*s.* *3d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

CROÛTE AU POT SOUP.

INGREDIENTS.—2 quarts of good beef stock, 1 carrot, ½ a turnip, ½ a small cabbage, 1 teaspoonful of finely-chopped parsley, 2 ozs. of butter, salt and pepper, nutmeg, 1 dinner roll.

METHOD.—Parboil the cabbage, carrot, and turnip, and drain well. Cut the cabbage into small pieces, and the other vegetables into small rounds or squares. Melt the butter in a large stewpan, put in the vegetables, season with salt, pepper, and a little nutmeg, cover and cook slowly for about 10 minutes. Add the stock and simmer gently for ½ an hour. Cut the roll into thin round slices, brown them in the oven, then put them into the tureen, and add the chopped parsley. Season the soup if necessary, and serve.

TIME.—About 1 hour. AVERAGE COST, 2*s.* 6*d.* SEASONABLE at any time. SUFFICIENT for 8 persons.

CROÛTES OF MEAT.

INGREDIENTS.—4 tablespoonfuls of beef coarsely-chopped, 4 squares of stale bread, 1 oz. of butter, 1 teaspoonful of flour, 2 tablespoonfuls of gravy or water, 1 teaspoonful of Worcester or other sauce, salt and pepper.

METHOD.—Remove the crust and trim the bread into shape. Melt the butter in a frying-pan, fry the bread until brown, then remove and keep hot. Brown the flour in the butter, add the gravy or water, salt, pepper, Worcester sauce, and when boiling draw aside. When the sauce has cooled slightly, stir in the meat, let it become thoroughly hot, then pile on the croûtes of bread, and serve at once.

TIME.—About 10 minutes. AVERAGE COST, 3*d.*

CRULLERS (Canadian Recipe).

INGREDIENTS.—Flour, 1 egg, 1 cup of sugar, 1 cup of sour cream, 1 small teaspoonful of carbonate of soda, ½ a saltspoonful of salt, ½ a saltspoonful of cinnamon or mace.

METHOD.—Beat the egg, add the sugar, cream, salt, cinnamon or mace, the soda dissolved in a little warm water, and as much flour as will form the whole into a soft dough. Roll out the mixture to about ½ an inch in thickness, stamp into rounds, and take out the centre of each one with a cutter. Have ready a deep pan of hot fat, fry the crullers until lightly browned, and serve hot.

TIME.—To fry, 10 to 15 minutes. AVERAGE COST, 9*d.* to 11*d.* SUFFICIENT for 6 or 8 persons. SEASONABLE at any time.

CRUMPETS.

INGREDIENTS.—1 quart of water, 2 ozs. of yeast, ¼ lb. of potatoes, ½ oz. of salt, flour.

METHOD.—Proceed exactly the same as directed for muffins, but stir in only half the quantity of flour used for them, so that the mixture is more of a batter than sponge. Cover over, and leave for ½ an hour. At the end of that time take a large wooden spoon and well beat up the batter ; leave in the spoon, cover over, and leave for another ½ hour. Then give the batter another good beat up. This process must be repeated three times with the intervals. When completed, see that the "hot plate" is quite hot, lay out some crumpet rings rubbed over inside with a little clean lard on a baking-tin, and pour in sufficient of the batter to make the crumpets. When cooked on one side, turn over with a palette knife, and when done take off on a clean cloth to cool. Muffins and crumpets should always be served on separate dishes, and both toasted- and served as quickly as possible.

TIME.—20 minutes to cook. AVERAGE COST, ½*d.* each.

CRYSTAL PALACE PUDDING.

INGREDIENTS.—1 heaped up dessertspoonful of cornflour, ½ oz. of gelatine or isinglass, ½ pint of cream, ⅛ pint of milk, sugar, and vanilla to taste, 2 yolks of eggs, glacé cherries.

METHOD.—Soak the gelatine or isinglass in a little water, heat up the cream, and strain in the dissolved gelatine. Blend the cornflour smoothly with the milk, mix it with the cream, and sweeten to taste. Stir and boil gently for 10 minutes, let the preparation cool slightly, then add the yolks of eggs and a few drops of vanilla essence. Stir until on the point of setting, then turn into small moulds previously decorated with glacé cherries. When firm, turn out, dish up, and serve.

Time.—1½ hours. Average Cost, 1s. *6d.* to 1s. *8d.* Sufficient for 4 or 5 persons.

CUCUMBER KETCHUP.

Ingredients.—Cucumbers, salt, peppercorns.

Method.—Pare the cucumbers, slice them as thinly as possible into a basin, and sprinkle them liberally with salt. Let them remain closely covered until the following day, then strain the liquor from the cucumbers into a stewpan, add 1 teaspoonful of peppercorns to each pint, and simmer gently for about ½ an hour. When cold, strain into bottles, cork tightly, and store in a cool, dry place. This ketchup imparts an agreeable flavour to sweetbreads, calf's brains, chicken mixtures, and other delicate preparations.

CUCUMBER SALAD.

Ingredients.—1 cucumber, ½ a teaspoonful of finely-chopped parsley, vinegar, salad-oil, salt and pepper.

Method.—Peel the cucumber thinly, cut it into very thin slices, and place them in a salad bowl or dish. Mix 2 parts of salad-oil with 1 part of vinegar, add the parsley, salt and pepper to taste, stir well, and pour over the cucumber.

CUCUMBER SANDWICHES.

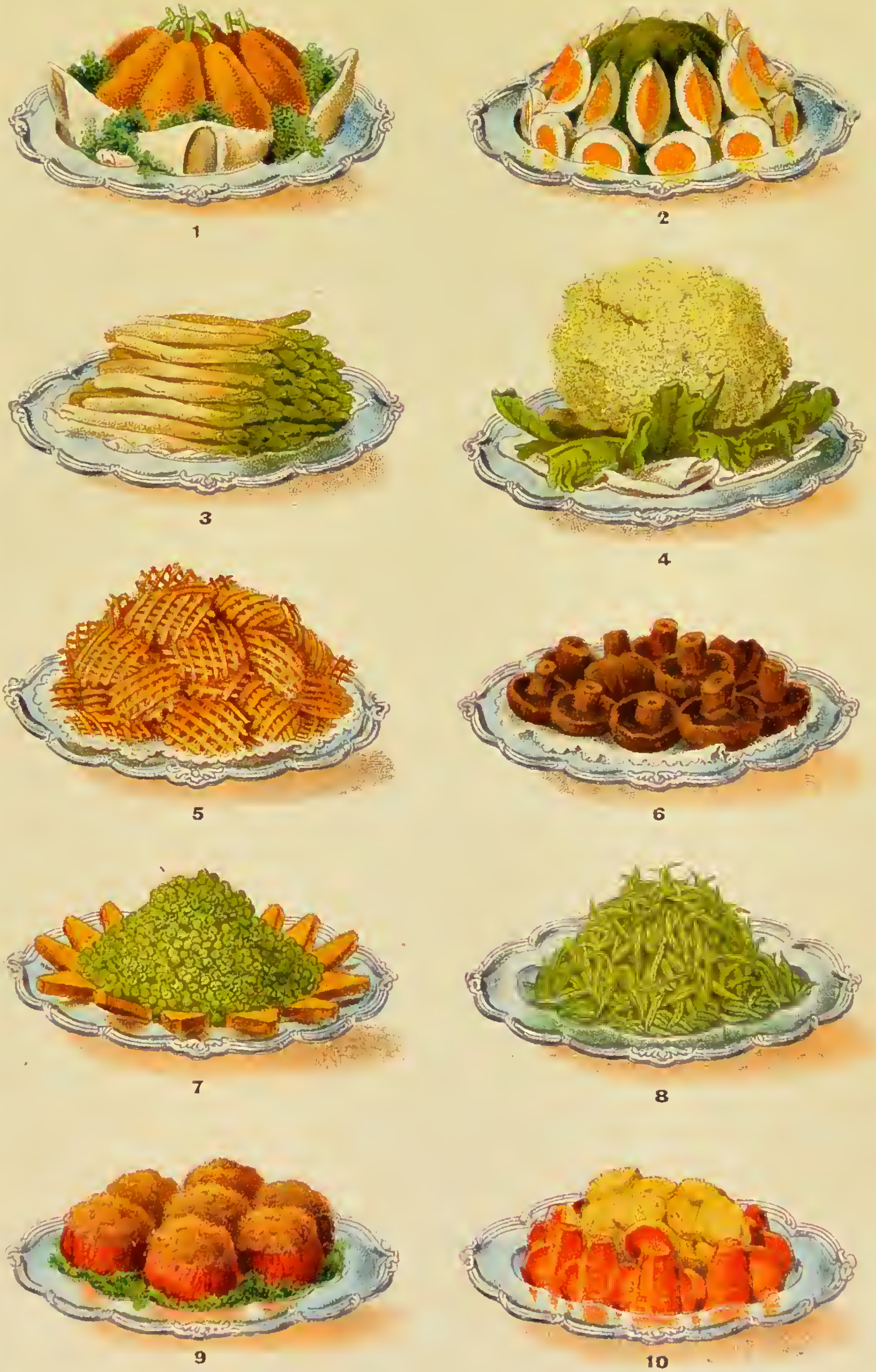
Ingredients.—1 large cucumber, creamed butter, white or brown bread, salad-oil, lemon-juice, vinegar, salt, and pepper.

Method.—Peel the cucumber, slice it thinly, season liberally with salt, drain on a hair sieve for 1 hour, and dry thoroughly. Now put it into a basin and sprinkle with pepper, salad-oil, lemon-juice or vinegar, liberally or otherwise, according to taste. Have ready some thin slices of bread and butter, stamp out some rounds of suitable size, place slices of cucumber between two rounds of bread, and press the parts well together. Dish slightly overlapping each other in a circle on a folded serviette, and serve garnished with parsley.

CUCUMBER SOUP.

Ingredients.—2 pints of white stock, 1 pint of milk, 2 large cucumbers, 2 ozs. of butter, 2 ozs. of flour, the yolks of 2 eggs, 2 tablespoonfuls of cream, salt and pepper,

Method.—Peel the cucumbers, cut into thick slices, quarter them and remove the seeds. Have ready a saucepan of boiling water, put in the cucumber and a little salt, boil for 10 minutes, then drain. Melt 1 oz. of butter in a stewpan, put in the cucumber, cover and let it steam in the butter for about ½ an hour, then rub through a hair sieve. Melt the remaining oz. of butter in the stewpan, add the flour, pour in the stock and milk (hot), and stir until boiling. Add the purée of cucumber, simmer for a few minutes, then let the soup cool slightly. Beat the yolk of the eggs and cream together, pour the mixture into the soup and stir until it thickens, taking care that it does not boil, or the eggs will



VEGETABLES—1 Croquette Potatoes. 2 Spinach and Eggs. 3 Asparagus. 4 Cauliflower. 5 Wafer Potatoes. 6 Mushrooms. 7 New Peas. 8 French Beans. 9 Stuffed Tomatoes. 10 New Carrots.

curdle. Season to taste, and serve with croûtons of fried bread.

TIME.—1 to 1¼ hours. AVERAGE COST, 2*s.* 6*d.* SEASONABLE from May to September. SUFFICIENT for 6 persons.

CUCUMBER WITH PARSLEY SAUCE.

INGREDIENTS.—2 medium-sized cucumbers, ½ pint of white sauce, 1 oz. of butter, the yolks of 2 eggs, ½ a teaspoonful of finely-chopped shallot, or onion, ½ a teaspoonful of finely-chopped parsley, salt and pepper.

METHOD.—Pare the cucumbers, put them into boiling water, cook for about 10 minutes, then drain well and cut them into slices about 1 inch in thickness. Heat the butter in a stewpan, put in the sliced cucumber, shallot, and a good seasoning of salt and pepper, toss over the fire for a few minutes, then add the white sauce. Just before boiling point is reached add the yolks of eggs and parsley, stir and cook gently until the eggs thicken, then season to taste and serve.

TIME.—About 30 minutes. AVERAGE COST, from 1*s.* 3*d.* to 1*s.* 6*d.* Obtainable at any time, cheapest in July and August.

CUCUMBERS FOR GARNISH.

(*See* **Cucumber with Parsley Sauce**).

CUCUMBERS, FRIED.

INGREDIENTS.—2 or 3 small cucumbers, pepper and salt to taste, flour, oil or butter.

METHOD.—Pare the cucumbers and cut them into slices of an equal thickness, commencing to slice from the thick end, and not the stalk end of the cucumber. Wipe the slices dry with a cloth, dredge them with flour, and put them in a pan of boiling oil or butter; keep turning them about till brown, lift them out of the pan, let them drain on a cloth, then season and serve, piled lightly on a dish.

TIME.—About 20 minutes. AVERAGE COST, 1*s.* 2*d.* to 1*s.* 6*d.* OBTAINABLE all the year.

CUCUMBERS, STEWED.

INGREDIENTS.—2 large cucumbers, flour, butter, rather more than ½ pint of good brown gravy.

METHOD.—Cut the cucumbers lengthwise to the size of the dish they are intended to be served in, empty them of the seeds, and put them into boiling water, with a little salt. Let them simmer for 5 minutes, then take them out, place them in another stewpan with the gravy, and let them boil over a brisk fire until the cucumbers are tender. Should they be bitter, add a lump of sugar; dish them carefully, skim the sauce, strain over the cucumbers, and serve.

TIME.—Altogether, 20 minutes. AVERAGE COST, from 6*d.* each. OBTAINABLE at any time.

CUCUMBERS, STUFFED.

INGREDIENTS.—2 large cucumbers, ½ lb. of finely-chopped cold meat (any kind may be used), 2 tablespoonfuls of breadcrumbs, 1 teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of powdered mixed herbs, 2 eggs, or 1 egg and a little milk, as many croûtes of fried or toasted bread as there are pieces of cucumber, ½ pint of brown sauce, salt and pepper.

METHOD.—Prepare and parboil the cucumber as for "Cucumber with Eggs." While they are cooking mix well together in a stewpan, the meat, breadcrumbs, parsley, and herbs, season with salt and pepper, add the eggs, with a little milk or stock if the mixture appears at all dry, and stir briskly over the fire until thoroughly hot. When the cucumbers are tender, drain them well, place each piece on a croûte of bread, fill carefully with the preparation, which should be piled up rather high, and, if liked, garnished with finely-chopped parsley, or white of egg. Dish in two close rows, pour the sauce OVER, sprinkle on the garnish, and serve as hot as possible.

TIME.—Altogether, 1 hour. AVERAGE COST, 1*s.* 6*d.* to 1*s.* 10*d.* OBTAINABLE all the year; cheapest in July and August.

CUCUMBERS, TO DRESS.

INGREDIENTS.—3 tablespoonfuls of salad-oil, 4 tablespoonfuls of vinegar, salt and pepper to taste, cucumber.

METHOD.—Pare the cucumber, cut it equally into very thin slices, cutting from the thick end; if commenced at the stalk the cucumber will most likely have an exceedingly bitter and far from agreeable taste. Put the slices into a dish, sprinkle over salt and pepper, and pour over oil and vinegar in the above proportion; turn the cucumber about, and it is ready to serve. This is a favourite accompaniment to boiled salmon, and is a nice addition to all descriptions of salads.

AVERAGE COST.—From 6*d.* each. OBTAINABLE all the year. SEASONABLE in April, May, June and July.

CUCUMBERS, WITH EGGS.

INGREDIENTS.—2 large cucumbers, 1½ pints of white sauce, 3 hard-boiled eggs, 1 tablespoonful of grated cheese, as many croûtes of fried bread and rolls of rice as there are pieces of cucumber, salt and pepper.

METHOD.—Pare the cucumbers, cut them into pieces about 3 inches in length, and remove the centre with a vegetable cutter or a small knife. Stand them on end in a stewpan in a little hot stock or water, cover closely, and simmer very gently until tender; the time required varies from 15 to 20 minutes, according to the age of the cucumber. Rub the yolk of 1 egg through a wire sieve, and put it aside, cut the remainder of the eggs into dice, add them to ½ pint of hot white sauce, and when ready for use stir in the grated cheese. Have the rice rolls nicely fried, and the cucumber drained and on croûtes ready to receive the mixture, which should be pressed lightly in, piled rather high, and garnished with yolk of egg. Dish in two close rows, arrange the rice rolls overlapping each other round the base, and serve the remainder of the sauce in a sauceboat.

TIME.—Altogether, from 1¼ to 1½ hours. AVERAGE COST, from 2*s.* 9*d.* to 3*s.* 3*d.* OBTAINABLE at any time.

Note.—This dish may be varied by substituting a macédoine of cooked vegetables for the eggs and cheese, or by filling the pieces of cucumber with a purée of any white vegetable, such as celery or artichokes, and garnishing the base with Tomatoes Farcies au Gratin or tomatoes stuffed with macaroni, cheese, and white sauce, or tomatoes stuffed with mushrooms.

CUMBERLAND PUDDING.

INGREDIENTS.—6 ozs. of flour, 4 ozs. of finely-chopped suet, 6 ozs. of coarsely-chopped apple, 4 ozs. of currants cleaned, 3 eggs, salt and nutmeg to taste.

METHOD.—Beat the eggs well, mix them with the other ingredients, and turn the whole into a buttered basin. Steam for 2½ hours, or boil for 2 hours, then serve with wine sauce.

Time.—From 2 to 2½ hours. Average Cost, 9*d*. to 10*d*. Sufficient for 4 or 5 persons.

CUP CAKES, PLAIN (American Recipe).

Ingredients.—3 level cupfuls of flour, 1 cupful of sugar, ½ a cupful of butter, 1 cupful of milk, 3 eggs, 1 teaspoonful of cream of tartar, 1 teaspoonful of carbonate of soda, the finely-grated rind and juice of 1 lemon.

Method.—Sieve the flour, cream of tartar, and soda together. Beat and add the eggs, stir in the milk, lemon rind, and juice, and lastly the flour. Bake in shallow tins or small cups.

Time.—From 20 to 25 minutes to bake. Average Cost, 1*s*. to 1*s*. 2*d*. Sufficient for 2 cakes or 18 small ones. Seasonable at any time.

CUP CAKES, RICH (American Recipe).

Ingredients.—4 cupfuls of flour, 2 cupfuls of sugar, 1 cupful of butter, ½ a cupful of milk, 6 eggs, 1 tablespoonful of lemon-juice, ½ a teaspoonful of vanilla essence, 1 teaspoonful of cream of tartar, ½ a teaspoonful of carbonate of soda.

Method.—Beat the butter and sugar to a cream, add the yolks of eggs, milk and vanilla essence, and after sieving together the flour, cream of tartar, and soda, stir it lightly in. Lastly add the whites of eggs, previously stiffly whisked. Bake in a fairly hot oven.

Time.—To bake, about 1 hour. Average Cost, 2*s*. to 2*s*. 2*d*. Sufficient for 2 cakes. Seasonable at any time.

CURATE'S PUDDING.

Ingredients.—6 tablespoonfuls of mashed potato, 4 ozs. of sugar, 2 ozs. of butter, 2 eggs, 1 lemon, 2 or 3 tablespoonfuls of milk, 1 saltspoonful of salt.

Method.—Cream the butter and sugar together until thick and smooth, add the eggs and beat well. Now stir in the potato, the juice and grated rind of the lemon, salt, and a little milk, and when well mixed pour into a greased piedish. Bake from 30 to 35 minutes in a moderate oven.

Time.—About 1 hour. Average Cost, 8*d*. or 9*d*. Sufficient for 4 or 5 persons.

CURDS AND WHEY.

Ingredients.—Milk, rennet.

Method.—Rennet varies so much in strength that no definite rules for its use can be given. It may be prepared from the lining of the paunch of a calf, but it is much better to buy it ready prepared. Heat the milk to about 80° Fahr., add rennet according to the printed directions on the bottle, and allow it to stand in a warm place until the curd separates itself from the whey.

CURLED BUTTER.

Method.—Tie a strong cloth by two of the corners to an iron hook in the wall. Tie the other end of the cloth into a knot, but so loosely that the index finger may be easily passed through it. Place the butter in the cloth, twist it lightly, thus forcing the butter through the knot in fine short rolls or curls. The butter may then be garnished with parsley and served. Butter for garnishing hams, etc., should be worked until sufficiently soft, and then used by means of a piece of stiff paper folded in the form of a cornet. The butter is squeezed in fine strings through the hole at the bottom of the cornet, and a little experience soon enables the worker to execute various designs.

CURRANT AND RASPBERRY WINE.

Ingredients.—5 gallons of red-currant juice, 1 pint of raspberry juice, 10 gallons of water, 10 lbs. of either loaf sugar or good preserving sugar.

Method.—Extract the juice as directed in the recipe for Currant Wine, Red. Add to it the water and sugar, stir until the latter is dissolved, then turn the whole into a cask, and bung closely, but provide the top of the cask with a vent peg. As soon as fermentation ceases, tighten the vent peg, and let the cask remain undisturbed in a moderately warm place for 12 months. At the end of this time rack off into dry bottles, cork them closely, and seal the top with melted wax. The wine should be ready for use in about 3 months.

CURRANT FRITTERS.

Ingredients.—3 tablespoonfuls of currants, 3 tablespoonfuls of boiled rice, 2 tablespoonfuls of flour, sugar to taste, nutmeg, 3 eggs, ½ pint of milk, frying-fat.

Method.—Mix the yolks of eggs with the flour, and add milk gradually until a smooth batter is obtained. Whisk the whites stiffly, stir them lightly in, add the currants, rice, a good pinch of nutmeg, and sweeten to taste. Drop the mixture, in small quantities, into hot fat, fry until crisp and lightly browned, and drain well. Serve piled high on a hot dish, and dredge well with castor sugar.

Time.—From 10 to 15 minutes, to fry the fritters. Average Cost, 8*d*. Sufficient for 5 or 6 persons.

CURRANT PUDDING, BOILED.

Ingredients.—½ lb. of currants cleaned, ½ lb. of suet finely-chopped, 1 lb. of flour, milk, lemon, butter, sugar.

Method.—Mix the dry ingredients together, and add sufficient milk to form a stiff batter. Turn the mixture into a floured cloth, boil gently for 2½ hours, and serve with a cut lemon, fresh butter, and sugar. For directions for making a pudding of fresh fruit, *see* Apple Pudding, Boiled, and Damson Pudding.

Time.—To boil the pudding, about 3 hours. Average Cost, 1*s*. Sufficient for 7 or 8 persons.

CURRANT SAUCE.

Ingredients.—2 ozs. of currants cleaned, 2 ozs. of butter, 1½ ozs. of flour, ¾ pint of water, 1 glass of red wine, 1 dessertspoonful of lemon-juice, ½ a teaspoonful of finely-grated lemon-rind, ¼ of a teaspoonful of ground ginger, sugar to taste.

Method.—Melt the butter in a saucepan, add the flour, and cook gently until it acquires a light brown colour. Put in the wine and water, bring to the boil, add the lemon-rind and lemon-juice, ginger, currants, and sugar to taste. Simmer gently for 10 minutes, then serve without straining.

Time.—About ½ an hour. Average Cost, 6*d*. to 8*d*.

CURRANT WINE, BLACK.

Ingredients.—Ripe black currants. To each pint of juice obtained add 1 pint of cold water, 1 lb. of preserving sugar, and a good glass of French brandy.

Method.—Take away the stalks, put the currants into an earthenware bowl, bruise well with a wooden spoon, then drain off the juice and put it aside. Add the water to the berries, stir them frequently for 2 or 3 hours, then strain the liquid and mix it with the juice. Add the sugar, and as soon as it is dissolved turn the whole into a cask. When fermentation has ceased rack off the liquid into a smaller cask, add the brandy, bung closely, and let it remain for at least 12 months in a warm place. At the end of this time drain the wine off carefully into dry bottles, cork them tightly, and store in a dry, moderately-warm place.

CURRANT WINE, RED.

Ingredients.—Ripe red currants. To each gallon of fruit allow 1½ gallons of cold water, and 5 lbs. either loaf sugar or good preserving sugar, and ½ pint of good brandy.

Method.—Remove the stalks from the currants, put them into an earthenware bowl, bruise them well with a wooden spoon, and drain off the juice. Put the juice aside, add the water to the berries, let it stand for 2 or 3 hours, stirring occasionally meanwhile. At the end of this time strain the liquid from the berries into the juice, add ¾ of the sugar, stir occasionally until dissolved, then pour the whole into a cask, filling it three-parts full. Bung closely, but place a vent peg near the top of the cask, and let the cask remain for 1 month where a uniform temperature of about 65° Fahr. can be maintained. Dissolve the remainder of the sugar in the smallest possible quantity of warm water, mix it well with the contents of the cask, replace the bung, and allow the cask to remain undisturbed for 6 weeks longer. Now drain off the wine into a clean, dry cask, add the brandy, let the cask stand for about 6 months in a dry, warm place, then bottle and cork tightly. The wine may be used at once, but will be better if kept for 12 months at least.

CURRY.

Curry is composed of various condiments and spices, which include cardamon-seed, coriander-seed, cumin-seed, dried cassia leaves, dried chilies, cayenne, ginger, mustard-seed, turmeric, cinnamon, mace, and cloves. It owes its peculiar odour and bright colour to the presence of turmeric, a variety of ginger largely cultivated in the East Indies. Thorough cooking is absolutely necessary to develop the full flavour of the various ingredients comprising curry-powder, the directions given in the respective recipes for preparing the curry sauce before adding to it other substances should therefore be strictly followed.

CURRY POWDER (Indian Recipe).

Ingredients.—8 ozs. of turmeric, 6 ozs. of coriander seeds, 3 ozs. of cardamoms, 3 ozs. of cumin, 3 ozs. of fenugreek, 1 oz. of cloves, 1 oz. of white peppercorns, ¼ oz. of cayenne.

Method.—Thoroughly dry and pound the above ingredients, first separately, then all together. When well mixed, pass the whole through a fine sieve, put the preparation into dry bottles, cork lightly, and store for use.

Time.—1 hour. Sufficient for 1½ lbs. of powder. Cost, 1*s.* to 1*s.* 2*d.*

CURRY SAUCE.

Ingredients.—¾ pint of good stock, 1½ ozs. of butter, 1 tablespoonful of curry-powder, 1 dessertspoonful of flour, 1 tomato sliced, 1 small onion sliced, salt.

METHOD.—Melt the butter in a saucepan, fry the onion until lightly browned, then add the flour and curry-powder. Stir and cook gently for a few minutes, then add the stock, and bring to the boil. Put in the tomato, and seasoning to taste. Simmer gently for 20 minutes, then strain and serve.

TIME.—From 35 to 40 minutes. AVERAGE COST, 8*d.* to 10*d.*

CUSTARD.

INGREDIENTS.—½ pint of milk, 2 eggs, saccharine, flavouring, salt.

METHOD.—Beat the eggs, add the milk, a good pinch of salt, and sweeten and flavour to taste. The preparation may be baked in a piedish, steamed in a basin, or cooked in a jug placed in a saucepan of boiling water. Savoury custard may be made by substituting salt, pepper, and parsley for the saccharine and flavouring, and some or all of the milk should be replaced by good white stock.

TIME.—¾ of an hour. AVERAGE COST, 4*d.*

CUSTARD (for Cream Ices).

INGREDIENTS.—1 pint of milk, ½ pint of cream, 6 ozs. of castor sugar, 6 yolks of eggs.

METHOD.—Bring the milk nearly to boiling point, and pour it over the beaten yolks of eggs, stirring meanwhile. Return to the stewpan, and stir by the side of the fire until the mixture thickens, but do not let it boil, or the eggs may curdle. Stir in the sugar, strain, and when cool add the cream.

TIME.—From 25 to 30 minutes. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 1¾ pints.

CUSTARD (for Cream Ices). (Another way.)

INGREDIENTS.—1½ pints of milk, 1 gill of cream, 8 ozs. of castor sugar, 1 heaped dessertspoonful of cornflour, 4 eggs.

METHOD.—Mix the cornflour smoothly with a little milk, boil the remainder with the sugar, add the blended cornflour and milk, and simmer for 3 or 4 minutes. Cool slightly, then add the beaten yolks of eggs, and stir by the side of the fire until the mixture thickens. Strain into a basin; when cool add the cream, the whites of eggs stiffly-whisked, and use as required.

TIME.—From 25 to 30 minutes. AVERAGE COST, 1*s.* 2*d.* SUFFICIENT for 1¾ pints.

CUSTARD, BOILED.

INGREDIENTS.—½ pint of milk, 3 yolks of eggs, 1 to 1½ ozs. of castor sugar, according to taste, lemon-rind, bay-leaf, vanilla-pod, or other flavouring, 2 tablespoonfuls of thick cream.

METHOD.—Rinse a stewpan with cold water, to prevent the milk sticking to the bottom. Put in the milk and flavouring ingredient, simmer gently until pleasantly flavoured, and add the sugar. Strain on to the eggs, stirring meanwhile, return to the stewpan, and stir by the side of the fire until the mixture thickens. Considerable care is needed to cook custard in this manner without curdling it, and anyone inexperienced should, instead of replacing the preparation in the stewpan, pour it into a jug or double saucepan, place whichever is used in a saucepan of boiling water, and stir until the custard coats the spoon. Add the cream, stir 2 or 3 minutes longer to cook the cream, and let the custard cool, stirring frequently meanwhile.

TIME.—From 35 to 45 minutes. AVERAGE COST, *7d.* SUFFICIENT for 1 pint.

CUSTARD, BOILED (Another Method).

INGREDIENTS.—½ pint of milk, 2 eggs, 1 oz. of loaf sugar, bay-leaf, lemon-rind, or other flavouring.

METHOD.—Prepare the custard as directed in the preceding recipe. Use any of the flavouring ingredients enumerated there, or, if preferred, flavour with vanilla or other essence.

TIME.—From 35 to 45 minutes. AVERAGE COST, *4d.* SUFFICIENT for ¾ pint.

CUSTARD FOR CLEAR SOUP.

INGREDIENTS.—2 whole eggs, 2 yolks of eggs, 1 gill of white stock, salt and pepper.

METHOD.—Beat up the eggs in a basin, add the stock, and season with salt and pepper and a little grated nutmeg. Strain this into a well-buttered plain tin mould; stand it in a stewpan containing a little boiling water, cover the mould with a buttered paper, and let it poach in a moderately heated oven for 20 minutes. When done, take out the mould and put in a cool place. Turn out when cold, and cut the custard into dice, cubes, or other fanciful shapes (known as Royal). Use for garnish in clear or thick soups.

TIME.—20 to 30 minutes. AVERAGE COST, *6d.* SUFFICIENT for 3 or 4 quarts of soup. SEASONABLE at any time.

CUSTARD FRITTERS.

INGREDIENTS.—1 tablespoonful of cornflour, 1 tablespoonful of fine flour, 2 tablespoonfuls of castor sugar, 2 yolks of eggs, ½ pint of milk, 1 saltspoonful of salt, vanilla essence, egg and breadcrumbs, frying-fat.

METHOD.—Mix the flour and cornflour smoothly with a little milk, boil up the remainder, and pour it over the flour, stirring meanwhile. Replace in the stewpan, simmer gently for 4 minutes, add the sugar and salt, and stir in the yolks of eggs. Cook gently for a few minutes, add a few drops of vanilla essence, and spread the mixture on a dish to the depth of ½ an inch. When cold, cut into small rounds, coat them carefully with egg and breadcrumbs, and fry in hot fat until lightly browned. Serve with wine or jam sauce.

TIME.—To fry the fritters, about 5 minutes. AVERAGE COST, *6d.* SUFFICIENT for 1 good dish.

CUSTARD MOULD (*See* Caramel Pudding).

CUSTARD MOULD.

INGREDIENTS.—1 pint of milk, 3 eggs, 1 oz. of castor sugar, ¾ oz. of leaf gelatine, 1 tablespoonful of brandy, vanilla essence.

METHOD.—Bring the milk nearly to boiling point, add the sugar and well-beaten eggs, and stir by the side of the fire until the mixture thickens, but do not let it boil. Pour it on the gelatine in a basin, add the brandy and vanilla, stir until dissolved, then pour into 1 large or several small moulds. Sherry may replace the brandy, or it may be omitted altogether. A little cold jam sauce or fruit syrup served round the dish will be found an improvement.

TIME.—About ½ an hour. AVERAGE COST, *9d.* SUFFICIENT for 4 or 5 persons.

CUSTARD PIE.

INGREDIENTS.—1 quart of milk, 1 tablespoonful of sugar (or to taste), 1 level tablespoonful of cornflour, 3 eggs, the rind of ½ a lemon, or other flavouring, salt, suet, crust.

METHOD.—Mix the cornflour smoothly with a little milk, simmer the remainder with the lemon-rind for about 20 minutes, then remove the lemon-rind and add the milk to the cornflour, stirring all the time. Replace in the stewpan, stir and cook for 2 or 3 minutes, add the sugar and a pinch of salt, and allow the mixture to cool slightly. Meanwhile, beat the eggs, and add them to the rest of the ingredients. Line 2 deep dishes or 12 deep patty-pans with paste, pour in the custard, and bake in a moderately hot oven until the paste is sufficiently cooked and the custard set. If the oven has not a good bottom heat the paste should be partially baked before putting in the custard (*see* Cherry Tartlets).

TIME.—From 1¼ to 1½ hours. AVERAGE COST, 1*s*. SUFFICIENT for 8 or 9 persons.

CUSTARD PUDDING, BAKED.

INGREDIENTS.—½ pint of milk, 1 dessertspoonful of loaf or castor sugar, 2 eggs.

METHOD.—Beat the eggs, add to them the sugar and milk, and stir until the sugar is dissolved. Strain into a buttered piedish, and bake in a slow oven until set (about 30 minutes). When the oven is too hot the dish should be placed in a tin of water, to prevent the custard baking too quickly.

TIME.—About 40 minutes. AVERAGE COST, 3½*d*. SUFFICIENT for 1 or 2 persons.

CUSTARD PUDDING, BAKED (Another way).

INGREDIENTS.—1 pint of milk, 1 tablespoonful of sugar, 1 teaspoonful of flour, ½ oz. of butter, 2 eggs, lemon-rind, bay-leaf or laurel-leaf for flavouring, a pinch of salt, a pinch of nutmeg.

METHOD.—Simmer the milk with the flavouring ingredient for about 20 minutes, then remove the lemon-rind or whatever has been used, and put in the butter and sugar. Mix the flour smoothly with a little cold milk or water, pour it into the stewpan, stir until it boils, cook for 5 minutes, then cool a little. Beat the eggs, add them to the rest of the ingredients, pour into a buttered piedish, and bake in a slow oven for about 40 minutes, or until set.

TIME. — 1¼ hours. AVERAGE COST, 6*d*. SUFFICIENT for 3 or 4 persons.

CUSTARD PUDDING, STEAMED.

INGREDIENTS.—½ pint of milk, 1 dessertspoonful of castor sugar, 3 eggs, a few drops of essence of vanilla or other flavouring.

METHOD.—Beat the eggs, add the sugar, milk, and vanilla essence, stir until the sugar is dissolved, then pour the mixture into a buttered basin, and steam VERY GENTLY for ½ an hour. Serve with wine sauce. A very nice pudding may be made with the same quantity of milk, half the quantity of sugar, and 1 egg, but it must be served in the basin.

TIME.—About 40 minutes. AVERAGE COST, 5*d*. SUFFICIENT for 2 or 3 persons.

CUSTARD SAUCE (For Puddings or Tarts).

Ingredients.—1 pint of milk, 2 eggs, 3 ozs. of castor sugar, 1 tablespoonful of brandy, bay-leaf if liked.

Method.—Boil the milk and bay-leaf, add the sugar, and cool slightly. Beat the eggs well, pour the milk on to them, and strain into a jug. Have ready a saucepan of boiling water, in which to place the jug, keep stirring until the mixture thickens, but do not allow it to boil, or it will curdle. Stir in the brandy, and serve.

Time.—25 to 30 minutes. Average Cost, 6*d*. to 7*d*.

CUSTARD SOUFFLÉ.

Ingredients.—2 ozs. of butter, 2 ozs. of flour, ½ pint of milk, 4 eggs, 2 tablespoonfuls of castor sugar.

Method.—Melt the butter in a stewpan, stir in the flour, and add the milk. Boil up and cook over the fire for 5 minutes, stirring briskly meanwhile, then add the sugar and beat in the yolks of the eggs. Whisk the whites stiffly, stir them lightly in, turn the mixture into a buttered piedish, and bake in a hot oven for about 20 minutes. Serve with wine or fruit sauce.

Time.—To bake the soufflé, about 20 minutes. Average Cost, 8*d*. Sufficient for 4 or 5 persons.

CUSTARD TARTLETS.

Ingredients.—Short crust or flaky paste, 4 whole eggs, 2 whites of eggs, 1 pint of milk, sugar.

Method.—Line 12 deep patty-tins with short paste. Beat the 4 eggs, add the milk, and sweeten to taste. Fill the patty-pans with custard, and bake in a moderate oven until set. Have ready the whites of eggs, stiffly-whisked and sweetened, pile lightly on the tartlets, and replace them in the oven until the meringue hardens, and acquires a little colour. Serve cold.

Time.—From 25 to 30 minutes to bake. Average Cost, 9*d*., exclusive of the paste. Sufficient for 12 tartlets.

CUTHEEREE (Indian Recipe).

Ingredients.—½ lb. of rice, ½ pint of split dhall or dried peas, ¼ of a teaspoonful of ginger, ⅛ of a teaspoonful of mace, salt, 4 hard-boiled eggs, 2 small boiled onions, or onions sliced and fried.

Method.—Soak the dhall or peas in water overnight, then wash them well, and also wash the rice. Cover the dhall or peas with water, add the ginger, mace, and salt to taste, cook until half done, then add the rice. Cover closely and cook slowly until the rice is swollen and tender, stirring very frequently towards the end of the process, when nearly all the water should have evaporated. Serve garnished with hard-boiled eggs cut in half, and surrounded by either small boiled onions or slices of fried onion.

Time.—1½ hours. Cost, 11*d*. to 1*s*. 1*d*. Sufficient for 1 dish.

CUTLETS, GRILLED.

Ingredients.—6 mutton cutlets, 1 oz. of butter, salt and pepper.

Method.—Trim the cutlets, brush over with liquid butter, and grill it over or in front of a clear fire from 7 to 8 minutes, turning it 2 or 3 times during the process. The cutlets should be brushed over with butter each time when turned; and if liked may be served with a pat of butter, which may be varied by mixing with it a little chopped parsley, a few grains of cayenne, and a few drops of lemon-juice.

Time.—7 or 8 minutes. Average Cost, 4*d*. per cutlet.

DAL. (Indian Recipe).

INGREDIENTS.—½ pint of lentils, ¾ pint of stock, 2 ozs. of ghee, 1 tablespoonful of curry-powder, 3 onions sliced, rice.

METHOD.—Wash and dry the lentils, cover them with stock, simmer gently until tender, adding more stock gradually, but when finished they should be quite dry. Heat the ghee, fry the onions until lightly browned. Sprinkle on the curry powder, stir for a few minutes, and add the lentils. Cook gently for about 20 minutes and serve with well boiled rice.

TIME.—1½ hours. COST, *7d.* to *9d.* SUFFICIENT for 1 dish.

DAL POOREE (Indian Recipe).

INGREDIENTS.—½ pint of lentils, ¾ pint of stock, 4 medium-sized onions coarsely chopped, ¼ of a teaspoonful of ground chilies, ¼ of a teaspoonful of ginger and turmeric mixed, ¼ of a teaspoonful of salt, 1 clove of garlic, 2 ozs. of butter paste, ghee.

METHOD.—Cook the lentils in the stock (*see* preceding recipe). Fry the onions in the butter, stir in the dry prepared lentils, add the chilies, ginger, turmeric, salt, and garlic, and mix well. Roll the paste out thinly, cut into rounds, place a little of the mixture on one-half of the rounds, and cover with the remainder. Press and secure the edges, drop the rounds into hot ghee, and fry until nicely browned. Either plain flour and water or puff paste may be used.

TIME.—1½ hours. COST, 11*d.* to 1*s.* SUFFICIENT for 1 dish.

DAMSON CHARLOTTE (From bottled damsons).

INGREDIENTS.—1 bottle of damsons, stale bread, ¾ pint of boiled custard, milk (Swiss condensed milk and water may be used), sugar, butter, ½ oz. of gelatine.

METHOD.—Coat a round cake-tin with butter, line the side with strips of bread previously soaked in sweetened milk, and shape a round to fit the bottom of the tin. Turn the damsons and their juice into a stewpan, simmer until soft, and remove the stones. Replace the fruit in the stewpan, sweeten to taste, add the gelatine, previously soaked in cold water, and stir until it is dissolved. Pour the preparation into the tin, cover with another round of soaked bread, and place the tin under pressure until cold. Serve with the custard poured over and round. The custards may be made of a packet of custard powder, 2 tablespoonfuls of Swiss condensed milk, and ¾ pint of water.

TIME.—Altogether, about 4 or 5 hours. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 6 persons.

DAMSON CHEESE.

INGREDIENTS. — Damsons, preserving sugar.

METHOD.—Remove the stalks and put the fruit into a large jar or stew-pot. Cover closely and cook in a very slow oven until perfectly soft, then rub through a fine sieve. Measure the pulp, and put it into a preserving-pan with the addition of 12 or 16 ozs. of sugar to each pint of pulp, according to individual taste. Boil until the greater part of the syrup has evaporated and the pulp has become rather stiff, stirring frequently at first and almost continuously towards the end of the process. Turn into small jars, cover closely, and store in a cool, dry place. If liked, the stones may be cracked and the kernels added to the purée with the sugar.

TIME.—From 6 to 7 hours. AVERAGE COST, 8*d.* per lb.

DAMSON JAM.

Ingredients.—To each lb. of fruit allow from ¾ lb. to 1 lb. of preserving sugar, according to taste.

Method.—Remove the stalks, put the fruit and sugar into a preserving-pan, let it stand by the side of the fire until some of the juice is extracted, then bring slowly to boiling-point, occasionally stirring meanwhile. Boil gently for about 45 minutes, or until the syrup, when tested on a cold plate, stiffens readily. Pour into pots; cover with paper brushed over with white of egg.

Time.—About 1¼ hours. Average Cost, 4*d.* to 5*d.* per lb.

DAMSON JELLY.

Ingredients.—Damsons, preserving sugar.

Method.—The fruit must be firm, dry, and ripe. Remove the stalks, put the fruit into a large jar or stewpot, cover closely, place it in a boiling-pot of cold water, and cook very slowly until the plums are perfectly tender. Strain the juice through a jelly-bag, or fine cloth, into a preserving-pan, add from 8 to 10 ozs. of sugar to each pint of juice, and boil until the jelly sets quickly when tested on a cold plate. Pour into pots, cover closely with paper brushed over with white of egg, and fasten securely so as to exclude the air. Store in a cool, dry place.

Time.—Altogether, from 6 to 7 hours. Average Cost, 9*d.* to 10*d.* per lb.

Note.—The fruit from which the juice has been extracted may be converted into damson cheese.

DAMSON PUDDING.

Ingredients.—Suet crust, 1½ pints of damsons, 2 tablespoonfuls of brown sugar, or to taste.

Method.—Line the basin as directed for Apple Pudding; half fill it with fruit, add the sugar and then the remainder of the fruit. Put on the cover, carefully seal the edges, and if the pudding is to be boiled, tie on a scalded, well-floured cloth; if steamed, cover it with a sheet of greased paper. Cook from 2½ to 3 hours.

Time.—From 3 to 3½ hours. Average Cost, 7*d.* to 8*d.* Sufficient for 6 or 7 persons.

DAMSON TART.

Ingredients.—Short crust paste, 1½ pints of damsons, 2 heaped tablespoonfuls of brown sugar, or to taste.

Method.—Prepare the crust as directed in Apple Tart, in the centre of the piedish place an inverted cup or a ventilating cup and funnel to retain the juice, half fill the dish with fruit, add the sugar, then put in the remainder of the fruit. Cover with paste, brush lightly over with cold water, sprinkle liberally with castor sugar, and bake in a quick oven.

Time.—About 1¼ hours. Average Cost, 10*d.* Sufficient for 5 or 6 persons.

DAMSON WINE.

Ingredients.—To each gallon of damsons add 1 gallon of boiling water; to each gallon of liquor obtained from these add 4 lbs. of loaf sugar, and ½ pint of French brandy.

Method.—Remove the stalks, put the fruit into an earthenware bowl, pour in the boiling water, and cover with a cloth. Stir the liquid 3 or 4 times daily for 4 days, then add the sugar and brandy, and, when the former is dissolved, turn the whole into a clean, dry cask. Cover the bunghole with a cloth, folded into several thicknesses, until fermentation ceases, then bung tightly, and allow the cask to remain undisturbed for 12 months in a moderately warm place. At the end of this time it should be racked off into bottles. The wine may be used at once, but if well corked and stored in a dry place it may be kept for years.

DAMSONS, BAKED, for keeping.

Ingredients.—To each lb. of fruit allow ½ lb. of sugar, mutton suet.

Method.—Fruit for preserving in this manner should be perfectly sound and not over-ripe. Remove the stalks but not the stones; place the fruit and sugar in a large stew-jar in alternate layers, cover closely, and bake in a very cool oven until the plums are tender. Pack the plums closely in large jars, pour the syrup over, and when quite cold cover with white paper cut to the size of the jar. Have ready some mutton suet melted, but on the point of setting, pour it into the jars to the depth of about ½ inch, stretch pieces of bladder or paper brushed over with white of egg over the jars, and fasten them securely. If stored in a cool, dry place the fruit will keep good for 3 or 4 months.

Time.—From 4 to 5 hours. Average Cost, 4*d.* per lb.

DAMSONS, BOTTLED.

Ingredients.—Damsons, sugar.

Method.—Remove the stalks but not the stones, place the fruit in wide-necked glass bottles, and tie a piece of bladder securely over the top of each one. Cover the bottom of a large boiling pot with a thin layer of straw, stand the bottles side by side on the top of it, and surround them with cold water. Bring slowly to boiling point, then remove the boiling pot from the fire, but let the bottles remain in it until the contents are perfectly cold. Before storing them remove the bladder, fill the mouths of the bottles with sugar, and cork with tight-fitting corks. Cover with melted wax, and store in a cool, dry place.

Time. — Altogether, about 12 hours. Average Cost, 4*d.* per lb.

DAMSONS (OR PLUMS), TO PRESERVE.

Ingredients.—Damsons or any other plums, suet.

Method.—Let the fruit be dry and sound. Place it in wide-necked jars, cover completely with boiling water, and pour over a good layer of melted mutton suet. Cover with parchment, to completely exclude the air. The fruit will keep a considerable time, and when required for use, the water should be poured off, and the jelly at the bottom of the jar used to improve the flavour of the fruit.

DANISH PUDDING.

Ingredients.—1 breakfastcupful of tapioca, 1 breakfastcupful of red currant jelly, salt and castor sugar to taste, 3 pints of water.

Method.—Soak the tapioca in the water for at least 12 hours, then turn it into a double saucepan, cook for 1½ hours, and add salt and sugar to taste. Stir in the jelly, and, when well mixed, turn the preparation into a mould, and put aside until set. Serve with whipped cream.

Time.—To cook the tapioca, ¾ of an hour. Average Cost, 1*s.* Sufficient for 4 or 5 persons.

DATE PUDDING.

INGREDIENTS.—½ lb. of stoned and chopped dates, ½ lb. of finely-chopped suet, 1 lb. of flour, ¼ of a teaspoonful of salt, milk or water.

METHOD.—Mix the dry ingredients well together, add sufficient milk or water to moisten them slightly, and turn the mixture into a well-greased basin. Steam or boil from 2½ to 3 hours, or form the mixture into a roly-poly, enclose it in a cloth, and boil gently for 1¼ hours.

TIME.—From 2 to 3½ hours. AVERAGE COST, 8*d*. SUFFICIENT for 7 or 8 persons.

DELHI PUDDING (Indian Dish).

INGREDIENTS.—1 lb. of flour, 10 ozs. of finely-chopped suet, 1 teaspoonful of baking-powder, ½ lb. of raisins, 4 or 5 apples, the grated rind of 1 lemon, 2 or 3 tablespoonfuls of brown sugar, nutmeg, salt.

METHOD.—Stone and halve the raisins, pare, core, and slice the apples ; mix the flour, suet, baking-powder, a good pinch of salt, add a little cold water and make into a smooth, stiff paste. Divide it into 2 equal portions ; with one line the basin, from the other portion cut off sufficient to form the lid, and roll the remainder out thinly. Put a layer of apple in the basin, add a few raisins, and sprinkle with sugar, lemon-rind, and nutmeg, previously well mixed together. From the rolled-out paste cut a round large enough to rather more than cover the fruit in the basin, moisten the edges of it with water, and join them carefully to the paste lining the basin. Now put in another layer of apple, add raisins, sprinkle with sugar, etc., and cover with pastry as before. Repeat until the basin is full, then cover with a greased paper, and steam for 3 hours.

TIME.—About 4 hours. AVERAGE COST, from 1*s*. 2*d*. to 1*s*. 4*d*. SUFFICIENT for 7 or 8 persons.

DELICIOSA CAKES (South African Recipe).

INGREDIENTS.—4 ozs. of Jordan or Valencia almonds, 8 ozs. of castor sugar, 3 stale 1*d*. sponge cakes, the whites of 3 eggs, ¼ of a teaspoonful of finely-grated orange rind, ¼ of a teaspoonful of powdered cinnamon, whipped cream, jam.

METHOD.—Pound or finely chop the almonds, and pass the sponge cakes through a fine sieve. Mix the two together, add the orange rind and cinnamon, and stir in the whites of the eggs. Bake in well-buttered small patty-pans for about 15 minutes, turn out, and when cold garnish with a small pyramid of cream with a little jam or preserved fruit in the centre of it.

TIME.—To bake, from 10 to 15 minutes. AVERAGE COST, 1*s*., in addition to cream and jam. SUFFICIENT for 10 or 12 cakes. SEASONABLE at any time.

DEMI-GLACE SAUCE.

INGREDIENTS.—½ pint of Espagnole sauce, ¼ of a pint of good gravy, salt and pepper.

METHOD.—Make the Espagnole sauce as directed, boil until well reduced, then add the gravy, simmer for about 10 minutes, season to taste, and serve.

TIME.—15 minutes. AVERAGE COST, 8*d*.

DESSERT BISCUITS (which may be flavoured with Ground Ginger, Cinnamon, etc.).

INGREDIENTS.—1 lb. of flour, ½ lb. of butter, ½ lb. of castor sugar, the yolks of 6 eggs, flavouring to taste.

METHOD.—Put the butter into a basin, warm it, but do not allow it to oil; then with a wooden spoon beat it to a cream. Add the flour by degrees, then the sugar and flavouring, and moisten the whole with the yolks of the eggs, which should previously be well beaten. When all the ingredients are thoroughly incorporated, drop the mixture from a spoon on to a buttered paper, leaving a distance between each cake, as they spread as soon as they begin to warm. Bake in rather a slow oven for 12 to 18 minutes, and do not let the biscuits acquire too much colour. In making the above quantity, half may be flavoured with ground ginger, and the other half with essence of lemon, or some currants added to make a variety. The biscuits are named after the preparation with which they are flavoured, and an endless variety may be made in this manner.

TIME.—12 to 18 minutes, or rather longer in a very slow oven. AVERAGE COST, 1*s*. 6*d*. SUFFICIENT to make from 3 to 4 dozen biscuits. SEASONABLE at any time.

DESSERT CAKES.

INGREDIENTS.—$\frac{3}{4}$ lb. of flour, 6 ozs. of butter, $\frac{1}{2}$ lb. of sifted sugar, 3 eggs.

METHOD.—Clarify the butter and beat the sugar well in; add the flour by degrees, then the eggs, still beating; mix thoroughly, and bake in small tins for 8 or 10 minutes.

TIME.—8 to 10 minutes, to bake. AVERAGE COST, 1*s*. SUFFICIENT for 20 or 30 cakes.

DEVILLED BUTTER.

METHOD.—Mix 1 oz. of butter with white pepper, cayenne, and curry-paste, about a saltspoonful of each, and blend thoroughly with a few drops of lemon-juice.

DEVILLED SAUCE (For Devilled Bones, etc.).

INGREDIENTS.—2 tablespoonfuls of Harvey sauce, 2 tablespoonfuls of vinegar, 2 tablespoonfuls of butter (melted), 1 teaspoonful of mustard, salt, and cayenne.

METHOD.—Mix all the ingredients together in a deep dish. Score the legs of a cooked chicken, etc., lengthwise, and soak well in the sauce. Grill or fry in a little hot fat or butter, serve very hot.

TIME.—About 1 hour. AVERAGE COST, 3*d*. to 4*d*. for this quantity of sauce.

DEVONSHIRE CREAM.

METHOD.—The milk should be allowed to stand for 12 hours in winter, and about half that length of time when the weather is warm. The milk-pan is then set on a stove, and should remain there until the milk is quite hot, but it must not boil, otherwise the albumen will coagulate and form a skin on the surface. The more slowly the milk is heated the better will be the result. The time required depends upon the size and shape of the vessel containing the milk, and the amount of heat applied, but small rings and undulations on the surface of the milk indicate that it is sufficiently scalded. When the process of scalding is completed, the vessel should at once be transferred to a cold place and kept there until the following day, when the cream is skimmed off into the tins or pots in which it is sold. In Devonshire nearly all the butter is made from scalded cream, and is usually very firm.

DEVONSHIRE JUNKET.

INGREDIENTS.—1 pint of new milk, 1 dessertspoonful of brandy, 1 dessertspoonful of castor sugar, 1 teaspoonful of prepared rennet, whipped or clotted cream, ground cinnamon or grated nutmeg.

Method.—Heat the milk to about 80° Fahr. and stir in, off the fire, the sugar, brandy, and rennet. Pour this preparation into a deep dish, in which it will be served; put it aside until set, then cover the surface with either whipped or clotted cream, sprinkle on a little cinnamon or nutmeg, and serve.

Time.—2 hours. Average Cost, 9*d*. Sufficient for 1 dish.

DEVONSHIRE RUM PUDDING.

Ingredients.—Cold plum pudding cut into strips, milk, allowing 1 pint to 1 tablespoonful of cornflour, 1 egg, 1 level tablespoonful of castor sugar, and a good glass of rum.

Method.—Butter a piedish, and fill it with strips of plum pudding crossed lattice fashion. Mix the cornflour smoothly with a little milk, boil up the remainder, add the blended cornflour, and cook gently for 3 minutes. Stir in the sugar, beat and add the eggs, and put in the rum. Pour the sauce over the plum pudding, bake gently for about ½ an hour, then serve. If preferred, the pudding may be steamed for 2 hours in a basin.

Time.—About ½ an hour. Average Cost, 1*s*. 9*d*. to 2*s*. Sufficient for 6 persons.

DOUGHNUTS.

Ingredients.—½ pint of new milk, ½ oz. of compressed yeast, 1 egg, 2 ozs. of sugar, 2 ozs. of butter, flour.

Method.—Make the milk warm, and dissolve the yeast in it; stir in about ¼ lb. of flour and the sugar, cover over, and stand the mixture aside in a warm place where it will not be disturbed, and leave it to rise up and drop. When it drops it is ready, but it must not be touched until it has dropped. When ready, add the melted butter, the egg, and a pinch of salt; beat it well together, and then add sufficient flour to make a workable paste. Put the paste when made into a basin, cover over, and stand it aside in a warm place to prove; when well proved, turn out on to the board, dry over, and divide up into 2-oz. pieces, mould up round, then flatten the pieces out slightly with a rolling-pin, damp round the edges, lay 1 spoonful of raspberry jam in the centre, and gather the edges into the centre, forming them up into round balls with the jam in the middle; pinch them together firmly and lay them on a clean floured cloth as each one is worked. Cover over with another cloth when they have all been done, and stand them aside to prove. When they are light enough, have ready a pot of boiling lard on the stove, drop the doughnuts into it, cook them for about 7 minutes on one side and then turn them over and cook them the reverse way. Take up with a drainer on 3 or 4 thicknesses of clean kitchen paper, and when the doughnuts have all been cooked roll them into fine castor sugar, and serve.

Time.—To cook, 15 minutes. Average Cost, 8*d*.

DRESDEN PUDDING.

Ingredients.—2 ozs. of flour, 2 ozs. of sugar, 2 ozs. of crumbled brown bread, 1½ ozs. of butter, 2 tablespoonfuls of desiccated cocoanut, ½ a teaspoonful of ground cinnamon, the grated rind of ½ a lemon, ¾ of pint of milk, 1 dessertspoonful of Curaçoa, 3 eggs.

METHOD.—Melt the butter in a stewpan, stir in the flour, cook for 2 or 3 minutes, then add ½ gill of water and ⅓ of the milk, bring to boiling point, stirring meanwhile, and simmer gently for 5 minutes. Heat the remainder of the milk, and pour it over the cocoanut, add the brown bread, previously passed through a fine sieve, sugar, and lemon-rind, cover, and let it stand for 10 minutes. Meanwhile add the yolks of the eggs to the contents of the stewpan, stir until they thicken, then put in the cocoanut preparation, add the cinnamon and Curaçoa, and lastly the stiffly-whisked whites of eggs. Turn into a well-buttered mould or soufflé-tin, bake in a moderate oven for about 1 hour, and serve with a suitable sweet sauce or fruit syrup.

TIME.—About 1½ hours. AVERAGE COST, 1*s.* 3*d.* SUFFICIENT for 4 or 5 persons.

DRIED FRUIT (Apples, Apricots, Nectarines, Peaches, etc.).

INGREDIENTS. — Fruit, sugar, lemon-rind, cloves or cinnamon to flavour

METHOD.—The following method is applicable to any of the dried fruits from California and other countries. Rinse or wash the fruit in cold water, cover it with fresh cold water, and let it remain in soak for 10 or 12 hours until well swollen. Turn both fruit and water into a stewpan or a jar placed in a pan of boiling water, and cook gently until the fruit is tender. Sugar to taste, or sugar boiled to a syrup (*see* Sugar to Boil), and flavouring ingredients should be added when the fruit is about half cooked. When syrup is used the water required for it should be taken from the vessel containing the fruit, unless a rather liquid compote is liked. The water in which the fruit soaks always extracts some of the flavour of the fruit, and the latter should therefore be cooked in it. Much stirring should be avoided, as dried fruit, when nearly cooked, breaks easily.

Newtown pippins, from which the peel and cores have been removed, and Normandy pippins, from which only the peel is removed, may require soaking a little more than apple rings and apple chips.

TIME.—Altogether 11½ to 13½ hours. AVERAGE COST, 6*d.* to 8*d.* per lb. SUFFICIENT, ½ lb. of fruit for 1 good dish. SEASONABLE at any time.

DRIPPING CRUST (For Plain Pies and Puddings).

INGREDIENTS.—1 lb. of flour, 6 ozs. of clarified dripping, ½ pint of water.

METHOD.—With a knife mix the flour to a smooth paste, adding the water gradually. Roll the paste out thinly, place ⅓ of the dripping over it in small pieces, and fold over. Repeat this process twice, using ⅓ of fat each time, and use as required.

TIME.—20 minutes. AVERAGE COST, 4*d.* to 5*d.* SUFFICIENT for 2 lbs.

DROP CAKES.

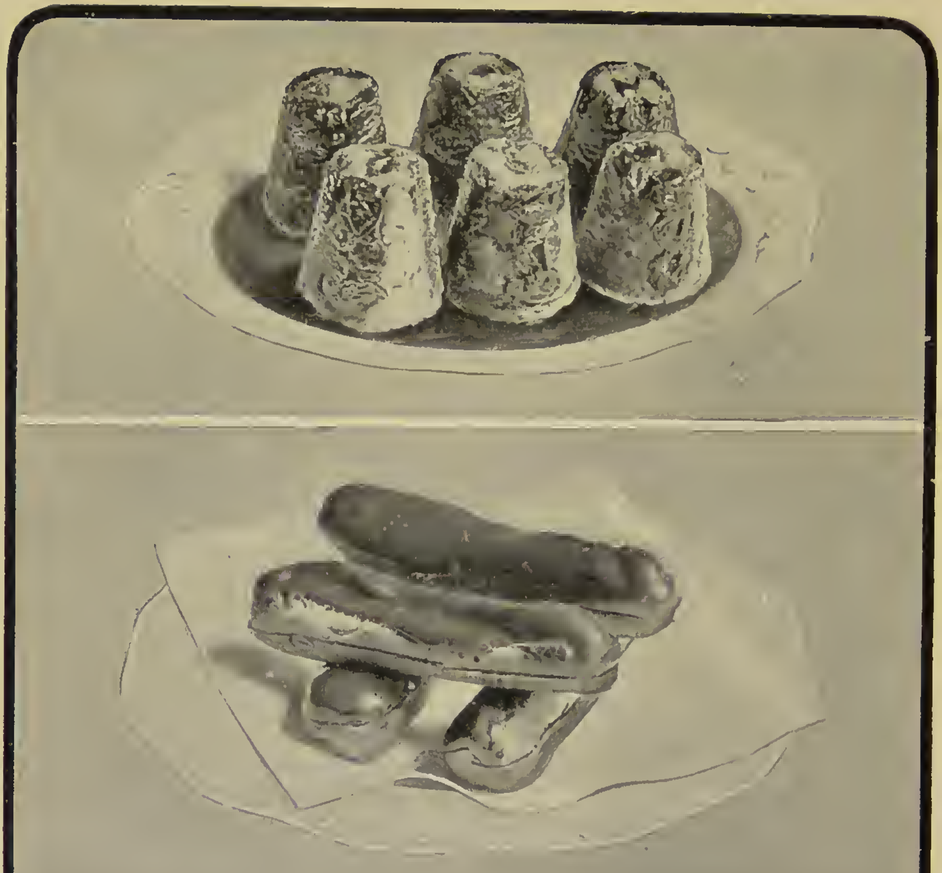
INGREDIENTS.—½ lb. of butter, ¾ lb. of castor sugar, 1 lb. of flour, 4 eggs, baking-powder, and milk.

METHOD.—Add 2 teaspoonfuls of baking-powder to the flour on the board, well mix it and run it through a sieve 2 or 3 times. Put the butter and sugar into a clean basin, and beat it well up into a cream with the hand, add the eggs

SWEETS. No. 1.

1. Plum Pudding. 2. Cheese Cakes. 3. Christmas Pudding.

SWEETS. No. 2.



1. Batchelor's Puddings. 2. Chocolate Eclairs. 3. Snowdon Puddings.

one at a time, beating well after each addition of eggs, and when all are well beaten in, add the flour, and moisten the mixture with milk to batter consistency. Scrape down the sides with a palette-knife, and with the point of the knife mix in all the material scraped down. Have some clean white sheets of kitchen paper cut to the size that will fit the baking-plates or tins, and with a spoon lay out small cakes all over the sheets of paper, allowing about 1½ inches between each cake or drop, which should be about the size of half a walnut shell; then dust lightly over with sugar and bake in a moderate oven.

Time.—1 hour. Average Cost, 1*s.* 6*d.* Sufficient for 3 or 4 dozen cakes.

DUCHESS PUDDING.

Ingredients.—2 ozs. of butter, 2 ozs. of castor sugar, 2 ozs. of macaroons, ½ oz. of pistachios, 3 tablespoonfuls of orange marmalade, 1 level teaspoonful of ground rice, 3 eggs.

Method.—Blanch, peel, and chop the pistachios coarsely, and crush the macaroons. Work the butter and sugar together until thick and creamy, then beat in the yolks of the eggs, and add the macaroons and marmalade. Whisk the whites of the eggs to a stiff froth, add lightly the ground rice and half the pistachios, then stir the whole carefully into the mixture. Have ready a well-buttered soufflé-mould, sprinkle the remainder of the pistachios on the bottom and sides, pour in the preparation, and steam slowly for about 1¼ hours. Serve with suitable sauce.

Time.—From 1¾ to 2 hours. Average Cost, 1*s.* Sufficient for 4 or 5 persons.

DUCK AND RED CABBAGE.

Ingredients.—Remains of 2 or 3 cold ducks, ½ a red cabbage, 2 ozs. of butter, good gravy or stock, 1 tablespoonful of vinegar, salt and pepper.

Method.—Wash and drain the cabbage, and shred it finely. Heat the butter in a stewpan, put in the cabbage and a good seasoning of salt and pepper, cover closely, and cook gently for 1 hour, adding a little gravy or stock, if necessary, to prevent burning. Divide the ducks into neat joints, place them in a stewpan with just sufficient hot gravy or stock to barely cover them, put on a close-fitting lid, and allow the stewpan to stand just below simmering point for nearly 1 hour. When ready, add the vinegar to the cabbage, turn it on to a hot dish, arrange the duck neatly upon it, and serve with a little good gravy, either poured round or handed separately.

Time.—About 1 hour. Average Cost, 6*d.*, exclusive of the ducks. Sufficient for 4 or 5 persons. Seasonable, September to January.

DUCK, BRAISED, WITH CHESTNUTS.

Ingredients.—1 duck, 1 pint of stock, ¾ pint of Espagnole sauce, 1 glass of port wine, 1 dessertspoonful of red currant jelly, 1 Spanish onion, 1 lb. of chestnuts, larding bacon, 2 ozs. of butter, the yolks of 2 eggs. For the mirepoix, or foundation: 2 onions, 2 carrots, 1 small turnip, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 6 allspice, 2 cloves, salt and pepper.

Method.—Boil the chestnuts and remove the skins, cook the Spanish onion in stock or water until tender, chop both finely, season with salt and pepper, add the yolks of eggs, and use these for stuffing the duck. Truss the duck and lard it neatly. Put the butter and sliced vegetables into a large stewpan, place the duck on the top of them, cover and fry gently for 20 minutes. Next add as much of the stock as will ¾ cover the vegetables, and the remainder as that in the stewpan boils away. Cover the duck with a buttered paper, put on the lid, and cook gently for about 2 hours, or until the duck is perfectly tender. Heat the Espagnole sauce, add to it the wine and jelly, and season to taste. Remove the trussing strings, and put the duck in a hot oven for a few minutes to crisp the bacon. Serve with a small quantity of the sauce poured over, and the remainder in a sauce-boat.

Time.—About 2 hours. Average Cost, 5*s.* to 5*s.* 6*d.* Sufficient for 4 or 5 persons. Seasonable from August to March.

DUCK, BRAISED, WITH TURNIPS.

Ingredients.—1 duck, 1 pint of good stock, larding bacon, ½ a glass of sherry, 3 young turnips, salt and pepper, mirepoix as in the preceding recipe, glaze.

Method.—Truss and lard the duck, and braise it as directed in the foregoing recipe. When cooked brush over with warm glaze, and crisp the lardoons in the oven. Strain the stock and reduce it by rapid boiling until about half the liquid remains, then add the sherry, and season to taste. Have ready the turnips cut into dice, and cooked until tender. Place the duck on a hot dish, arrange the turnips in groups, pour the sauce round, and serve.

Time.—About 2 hours. Average Cost, 4*s.* 6*d.* to 5*s.* Sufficient for 4 to 5 persons. Seasonable from August to March.

DUCK, HASHED.

Ingredients.—1 cold roast duck, 1 pint of stock, 1 oz. of butter, 1 oz. of flour, 1 orange, 1 onion, a glass of claret, salt and pepper.

Method.—Divide the duck into pieces (joints) suitable for serving. Chop the onion finely, fry it in the butter, add the flour, stir over the fire until brown, then pour in the stock, stir until it boils, and simmer for 10 minutes. Cut the orange rind into very thin strips, add them with the juice of the orange, the wine, and the duck to the sauce, season with salt and pepper, and simmer very gently for ½ an hour.

Time.—About 1 hour. Average Cost, 3*s.* 6*d.* to 4*s.* 6*d.* Sufficient, allow 1 duck for 4 persons. Seasonable from August to March.

DUCK, ROASTED, WILD.

Ingredients.—1 wild duck, ½ pint of Espagnole sauce, 1 glass of port wine or claret, the juice of a lemon, watercress, salad-oil, salt and pepper.

Method.—Draw and truss the bird, and roast it in front of a clear fire or in a moderate oven for about 45 minutes, basting frequently. Make the sauce as directed, add to it the wine and lemon-juice, season to taste, and keep hot until required. Serve the duck on a hot dish, garnish with watercress, previously well washed, dried and seasoned with pepper and salad-oil, and send the sauce to table in a sauce-boat.

Time.—About 30 minutes. Average Cost, 3*s.* 6*d.* to 4*s.* 6*d.* Sufficient for 3 or 4 persons. Seasonable from August to March.

DUCK, SALMI OF.

Ingredients.—1 duck (or remains of cold ducks), 12 stoned French olives, 1½ ozs. of butter, 1 oz. of flour, ¾ pint of stock, 1 medium-sized Spanish onion, fat for basting, salt and pepper.

Method.—Singe, draw, and truss the duck, slice the onion, and put it into a baking-tin; place the duck on the top, baste with hot fat, and roast in a moderate oven for ½ an hour, basting frequently. In the meantime, melt the butter, stir in the flour, and cook over the fire until a brown roux or thickening is formed, then add the stock, stir until boiling, and simmer until required. When the duck is sufficiently roasted, remove the trussing string, cut the bird into small joints, add these with the olives to the sauce, season well, and simmer gently for about ½ an hour. Return the baking-tin to the oven until the slices of onion are tender, then rub them through a fine hair sieve, and add them to the contents of the stewpan. Drain off every particle of fat, and add the sediment in the baking-tin to the sauce. When it is ready dish the salmi in the centre of a hot dish on a croûte of fried bread, pour over the sauce, and the olives. Serve hot.

Time.—About 1 hour. Average Cost, 4*s.* to 5*s.* Sufficient for 4 or 5 persons.

DUCK, STEWED WHOLE.

Ingredients.—1 duck, 1 pint of brown stock, 1½ ozs. of butter, 1½ ozs. of flour, 2 onions sliced, 2 sage leaves, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper.

Method.—Roast the duck, or bake it in a good oven for 20 minutes, then place it in a stewpan with the herbs and onions, and cook slowly for ¾ of an hour. Melt the butter, add the flour, and, when well browned, strain in the stock. Stir over the fire until a smooth sauce is obtained, then draw the stewpan aside, simmer gently for 20 minutes and strain. Serve the duck on a hot dish, pour over it some of the sauce, and send the remainder to table in a sauce-boat.

Time.—About 1¼ hours. Average Cost, 3*s.* 6*d.* to 4*s.* 3*d.* Sufficient for 4 or 5 persons. Seasonable from August to March.

DUCK, STEWED WITH GREEN PEAS.

Ingredients.—Remains of cold roast ducks, 1 pint of brown sauce, 1 pint of shelled peas, 1 sprig of mint, 1 lump of sugar, lemon-juice.

Method.—Parboil the peas with the mint and sugar, and drain well. Divide the remains of the ducks into neat pieces, put them into the hot brown sauce, add the peas, season to taste, and simmer very gently for ½ an hour. Before serving, add a few drops of lemon-juice.

Time.—From 45 to 60 minutes. Average Cost, 1*s.*, exclusive of the ducks. Sufficient for 3 or 4 persons. Seasonable from August to March.

DUCK, WITH CARROTS.

Ingredients.—Remains of cold ducks, 3 or 4 large carrots, ½ pint of Espagnole sauce, 1 oz. of butter, sugar, salt and pepper.

Method.—Boil the carrots in a small quantity of water with a small piece of loaf sugar until tender, then rub them through a fine sieve, season to taste, add the butter, and re-heat. Cut the ducks into pieces convenient for serving, put them into the hot sauce, and let them simmer very gently for ½ an hour. Place the purée of carrots on a hot dish, arrange the pieces of duck neatly on the top, pour the sauce round, and serve.

TIME.—About 1 hour. AVERAGE COST, 9*d.*, exclusive of the duck. SUFFICIENT for 3 or 4 persons. SEASONABLE from August to March.

DUCKLING, STUFFED.

INGREDIENTS.—1 large "Rouen" duckling, 1 chicken liver, ¾ pint of brown sauce, 3 ozs. of breadcrumbs, 1 oz. of butter, the yolks of 2 eggs, ½ a shallot finely-chopped, ½ a teaspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped thyme, or ½ the quantity of powdered thyme, salt and pepper, nutmeg.

METHOD.—Blanch the chicken liver and the liver from the duckling, chop them finely, add the herbs, breadcrumbs, butter melted, a pinch of nutmeg, a good seasoning of salt and pepper, and bind with the yolks of eggs. Stuff the duckling, baste it well with hot butter or fat, and roast in a quick oven for about ½ an hour, basting frequently. Then drain off every particle of fat, pour the hot brown sauce into the baking-tin, and continue the cooking until the duckling is tender; 15 or 20 minutes should be sufficient, and the duckling must be almost constantly basted during the time with the sauce. Serve on a hot dish, strain over a little of the sauce, garnish with orange quarters, and send the remaining sauce to table in a sauce-boat.

TIME.—About 1 hour. AVERAGE COST, 4*s.* 6*d.* to 6*s.* 6*d.*, according to size and season. SEASONABLE from March to August.

DUCKS' EGGS.

Ducks' eggs are more strongly flavoured than those of fowls, and when plainly boiled are not generally liked. They may be used with advantage in all culinary preparations, 1 ducks' egg being equal to 2 small hens' eggs.

DUCKS, ROASTED.

INGREDIENTS.—2 ducks, sage and onion stuffing (which see), ½ pint of stock, ½ oz. of flour, salt and pepper, apple sauce.

METHOD.—Stuff the body of the ducks with the onion farce or stuffing, and truss them as directed. Baste them well with hot fat, and roast them in front of a clear fire, or in a moderately hot oven, for about 1 hour, basting frequently. When done, pour off the fat, and if a thick gravy is preferred, brown the flour in the dripping-pan before adding the stock. Bring the gravy to boiling point, season to taste, simmer for 1 or 2 minutes, and serve in a sauce-boat.

TIME.—From 1 to 1¼ hours. AVERAGE COST, 7*s.* to 8*s.* SUFFICIENT for 8 or 9 persons. SEASONABLE from August to March.

DUMPLINGS

(*See* **Note to Suet Pudding**).

DUMPOKE (Indian Recipe).

INGREDIENTS.—1 boned chicken, 6 or 8 ozs. of rice, 3 ozs. of ghee or butter, 2 hard-boiled eggs cut into dice, 2 onions cut into dice, stock, cayenne, salt and pepper.

METHOD.—Wash, drain, and dry the rice, fry it in 1½ ozs. of hot ghee or butter until lightly browned, cover with stock and cook till soft, adding more stock when necessary; but when ready the rice should be rather dry. Fry the onions in the remainder of the ghee, add the rice, eggs, and seasoning to taste, and stuff the chicken with the preparation. Braise gently and serve coated with a good white sauce.

TIME.—2¾ hours. COST, 3*s.* 10*d.* to 4*s.* SUFFICIENT for 5 persons.

DUTCH FLUMMERY.

INGREDIENTS.—1 oz. of gelatine, castor sugar to taste, 4 eggs, the thinly-pared rind and strained juice of 1 lemon, 1 pint of sherry, Madeira, or raisin wine, 1 pint of water.

METHOD.—Soak the gelatine and lemon-rind in the water for 20 minutes, and afterwards simmer gently until the gelatine is dissolved. Beat the eggs, add the wine, lemon-juice, the strained water and gelatine, and sweeten to taste. Stir by the side of the fire until the mixture thickens, then pour it into a mould rinsed with cold water, and put aside until set.

TIME.—40 minutes. AVERAGE COST, 2*s.* 3*d.*, if made with sherry. SUFFICIENT for 1 quart mould.

DUTCH KABOBS (SASATIES).

INGREDIENTS.—1 small leg of mutton, 2 ozs. of butter, 2 ozs. of curry-powder, 3 onions cut into dice, 1 tablespoonful of sugar, ½ pint of milk, ¼ pint of vinegar (or the juice of 3 lemons), 6 lemon or orange leaves coarsely-chopped.

METHOD.—Cut the meat into slices about ½ an inch thick, place them in an earthenware vessel, add the sugar, milk, vinegar or lemon-juice, and the lemon or orange leaves. Fry the onions in the butter, sprinkle on the curry-powder, and add the whole to the contents of the other vessel. Stir in a liberal seasoning of salt, leave it for at least 12 hours, and when wanted, place fat and lean pieces alternately on skewers, sprinkle with salt, and grill over the fire. The liquor in which the meat is soaked should be strained, heated, and served as gravy.

TIME.—To grill the meat, about 20 minutes. AVERAGE COST, 10*d.*, exclusive of the meat. SUFFICIENT for 12 persons. SEASONABLE at any time.

DUTCH KOCKIES (A South African Recipe for Tea Cakes).

INGREDIENTS.—2 lbs. of fine flour, 1½ lbs. of good brown sugar, ½ lb. of butter, ¼ lb. of sheep-tail fat, ½ lb. of almonds pounded, 2 eggs, 2 teaspoonfuls of carbonate of soda, 2 teaspoonfuls of ground cloves, 2 teaspoonfuls of ground cinnamon, ¼ pint of claret.

METHOD.—Rub the butter and fat into the flour, add the sugar, almonds, and spices. Dissolve the soda in a little warm water; beat the eggs, add the dissolved soda and wine to them, mix with the flour and knead well. Roll out thinly, stamp into small rounds, and bake gently until crisp. The old Dutch people put a small piece of citron preserve in the centre of each cake.

TIME.—To bake the cakes, about 20 minutes. AVERAGE COST, 3*s.* to 3*s.* 6*d.* SUFFICIENT for 3 cakes. SEASONABLE at any time.

DUTCH SAUCE.

INGREDIENTS.—2 tablespoonfuls of vinegar, 1 shallot peeled and chopped, 1 bay-leaf, 4 white peppercorns crushed, 1 gill of white sauce, the yolks of 2 eggs, 1 teaspoonful of lemon-juice, 2 ozs. of butter, salt.

METHOD.—Put the vinegar (French wine vinegar in preference to malt vinegar) with the shallot, bay-leaf, and peppercorns in a stewpan, and reduce to half its original quantity; add the white sauce, let it boil, remove the bay-leaf, and stir in the yolks of eggs. When it begins to thicken remove the preparation from the fire and strain into another stewpan. Re-heat (taking great care that the sauce does not curdle), and whisk in the butter by degrees. Add the lemon-juice and enough salt to taste, and serve with boiled fish, artichokes, asparagus, etc.

TIME.—About ½ an hour. AVERAGE COST, *6d.* to *7d.*

DUTCH WAFERS.

INGREDIENTS.—½ lb. of flour, ¼ lb. of sugar, 2 ozs. of butter, 4 eggs, 2 level teaspoonfuls of ground cinnamon, ¼ pint of wine.

METHOD.—Beat the butter and sugar together until creamy, beat the eggs in separately, adding a tablespoonful of flour between each one, and, lastly, stir in the cinnamon and wine. Cook over the fire in well-greased waffle irons, and serve dredged with cinnamon and fine sugar.

TIME.—To cook the wafers or waffles, about 8 minutes. AVERAGE COST, 1*s.* to 1*s.* 3*d.* SUFFICIENT for 1 lb. of wafers. SEASONABLE at any time.

ÉCLAIRS.

INGREDIENTS.—Choux paste (*see* recipe), chocolate or coffee icing, cream, custard, or jam.

METHOD.—Put the choux paste into a forcing-bag, and press it out on to a buttered baking-sheet in the form of small savoy biscuits. Or, if a bag and pipe are not available, roll it on a floured board to the same shape. Bake from 15 to 20 minutes in a moderate oven, let them cool on a sieve, then make an incision on the side of them, and scoop out the soft interior. Fill the cavities with stiffly-whipped sweetened cream, confectioners' custard or jam, and coat them with chocolate or coffee icing.

TIME.—Altogether from 1¾ to 2 hours. AVERAGE COST, 2*d.* each.

EEL BROTH.

INGREDIENTS.—1 medium-sized onion, 1 oz. of dripping or butter, 1 skinned eel, 3 pints of stock or water, 1 tablespoonful of crushed tapioca or sago, salt, pepper, chopped parsley.

METHOD.—Peel and slice the onion, and fry it in hot fat till pale brown, but not burnt. Cut up a skinned eel, put it into the pan containing the fried onion, add 3 pints of stock or water, boil, skim, and simmer gently for about 1 hour. Twenty minutes before serving, strain, replace in the stewpan, sprinkle in the tapioca or sago, and season with salt and pepper. Serve with a little chopped parsley put in at the last moment.

TIME.—1 to 1¼ hours. AVERAGE COST, if made with stock, 2*s.* per quart. SUFFICIENT for 6 persons. SEASONABLE from September to May.

EEL BROTH (Invalid Diet).

INGREDIENTS.—½ lb. of eel, 3 pints of cold water, ½ small onion, 2 or 3 sprigs of parsley, 1 bay-leaf, 2 cloves, salt and pepper.

METHOD.—Wash, clean, and skin the eel, then cut it into small pieces, and put them in a stewpan. Add the water, onions, parsley, bay-leaf, cloves, and a little salt and pepper, and simmer gently for 1½ hours, skimming when necessary. Strain into a basin, let it stand until cold, and remove every particle of fat. Re-heat in small quantities as required.

TIME, 1½ hours. AVERAGE COST, *9d.*

EEL, CONGER.

This is much esteemed by many persons. It forms the basis of the well-known soup of the Channel Islands, and is made into pies in the West of England. Like a tough steak, it always needs long stewing or cooking, as the flesh is remarkably firm and hard. It can be cooked like a fresh-water eel.

EEL, CONGER, BAKED.

Ingredients.—2 lbs. of conger eel, suet, forcemeat, butter or fat, flour.

Method.—Wash and dry the fish thoroughly, stuff it with the prepared forcemeat, and bind it with tape. Melt the butter or fat in a baking-dish or tin, put in the fish, and baste it well. Bake gently for 1 hour, meanwhile basting occasionally with fat, and dredging the surface with flour. Serve with the gravy poured round, or, if preferred, with tomato, brown caper, or a suitable fish sauce.

Time.—To bake, 1 hour. Average Cost, 4*d*. to 6*d*. per lb. Sufficient for 4 or 5 persons. Seasonable September and November.

EEL, CONGER, FRIED.

Ingredients.—Conger eel, egg, breadcrumbs, frying-fat, flour, salt and pepper.

Method.—Wash and dry the fish thoroughly, and cut it into slices about ¾ of an inch in thickness. Roll lightly in flour, seasoned with salt and pepper, coat carefully with egg and breadcrumbs, and fry in hot fat until lightly browned. Drain well, and serve with tomato, anchovy, or any suitable fish sauce.

Time.—To fry, about 20 minutes. Average Cost, from 4*d*. to 6*d*. per lb.

EEL PIE.

Ingredients.—1½ lbs. of eels, ½ pint of meat stock, 1 tablespoonful of mushroom ketchup, 1 dessertspoonful of lemon-juice, pepper and salt, rough puff paste, or puff.

Method.—Clean and skin the eels and cut them into pieces about 2 inches long. Put the heads, tails, and fins into a stewpan with the stock, simmer for ½ an hour, then strain and skim well. Place the eels in a piedish, with a good seasoning of salt and pepper between the layers, add the lemon-juice and ketchup to the stock, pour about half of it into the piedish, cover with paste, and bake in a fairly hot oven for 1 hour. Warm the remainder of the stock, and pour it into the pie through a funnel as soon as it is taken from the oven.

Time.—1 hour to bake. Average Cost, 2*s*. 6*d*. Sufficient for 5 persons. Seasonable all the year, but best from June to March.

EEL SAUCE.

Ingredients.—¾ pint of stock, 1 lb. of eels, 2 ozs. of lean ham, 1 onion sliced, a few thin slices of carrot, 1 bay-leaf, 6 peppercorns, salt and pepper.

Method.—Wash the eel and cut it into short lengths. Cut the ham into small pieces. Place both eel and ham in a stewpan, add the stock, onion, carrot, bay-leaf, and peppercorns, and season to taste. Simmer gently for about ½ an hour, then strain and use as required.

Time.—From 35 to 40 minutes. Average Cost, 1*s*. 3*d*.

EEL SOUP.

Ingredients.—2 lbs. of eels, 1 onion, 2 ozs. of butter, 3 blades of mace, 1 bunch of sweet herbs, ¼ oz. of peppercorns, salt to taste, 2 tablespoonfuls of flour, ¼ pint of cream, 2 quarts of water.

METHOD.—Wash the eels, cut them into small pieces, and put them in the stewpan with the butter; let them simmer for a few minutes, then add the water, the onion cut in thin slices, the herbs, mace, and seasoning. Simmer till the eels are tender, but unbroken. Dish carefully and keep hot. Mix the flour to a batter with a little water, stir it into the soup, and boil. Add the cream, pour over the eels and serve.

TIME.—1 hour, or rather more. AVERAGE COST, 2*s.* SEASONABLE from June to March. SUFFICIENT for 8 persons.

EELS, BOILED.

INGREDIENTS.—4 small eels, a small bunch of parsley, ¾ pint of parsley sauce, a little salt.

METHOD.—Clean and skin the eels, put them into a stewpan with the parsley, a little salt, and warm water to barely cover them. Simmer gently for ½ an hour, or until they are tender, then serve with the sauce poured over them.

TIME.—About ½ an hour. AVERAGE COST, 8*d.* to 1*s.* per lb. SUFFICIENT for 4 or 5 persons. SEASONABLE from June to March.

EELS, FRIED.

INGREDIENTS.—1 or 2 medium-sized eels, 1 tablespoonful of flour, ½ a teaspoonful of salt, ⅛ of a teaspoonful of pepper, 1 egg, breadcrumbs, parsley, salt and pepper, frying-fat.

METHOD.—Wash, skin, and dry the eels thoroughly, and divide them into pieces from 2½ to 3 inches long. Mix the flour, salt and pepper together, and roll the pieces of eel separately in the mixture. Coat carefully with egg and breadcrumbs, fry in hot fat until crisp and lightly browned, then drain well, and serve garnished with crisply-fried parsley.

TIME.—About 20 minutes. AVERAGE COST, eels, 8*d.* to 1*s.* per lb. Allow 2 lbs. for 4 or 5 persons. SEASONABLE from June to March.

EELS, FRIED, WITH TARTAR SAUCE.

INGREDIENTS.—2 lbs. of eels, ½ pint of good stock, 1 glass of sherry, 1 egg, breadcrumbs, frying-fat, 1½ ozs. of butter. Tartar sauce.

METHOD.—Wash, skin, dry, and cut the eels into pieces 2½ inches long. Melt the butter in a stewpan, put in the eels and fry until brown, then add the stock (which must be highly seasoned) and sherry, and simmer gently for about 15 minutes. Drain well, and when cool brush over with egg, roll in breadcrumbs, and fry until nicely browned in hot fat. Garnish with fried parsley, and serve with a tureen of tartar sauce.

TIME.—From 1 to 1¼ hours. AVERAGE COST, 2*s.* to 2*s.* 6*d.*, exclusive of the sauce. SUFFICIENT for 4 or 5 persons. SEASONABLE all the year, but best from June to March.

EELS, STEWED.

INGREDIENTS.—2 lbs. of eels, 2 ozs. of butter, 1 medium-sized onion, 1 dessertspoonful of chopped parsley, salt and pepper.

METHOD.—Skin and clean the eels, cut them into pieces about 2 inches long, and place them in a jar. Add the butter, the onion cut into slices, parsley, salt and pepper, cover closely, and place the jar in a saucepan of cold water, which must be brought slowly to the boil. Cook until the eels are tender; this will take about 1½ hours from the time the water boils. When done, place on a hot dish, and strain the gravy over.

Time.—From 2 to 2½ hours. Average Cost, 1*s.* 9*d.* to 2*s.* 3*d.* Sufficient for 5 or 6 persons. Seasonable from June to March, but obtainable all the year.

EGG AND BRANDY (For Invalids).

Ingredients.—1 egg, 1 tablespoonful of good brandy, 1 tablespoonful of either hot or cold water, castor sugar to taste.

Method.—Beat the egg well in a cup, add a little sugar, and the water and brandy, and mix well. Strain into a tumbler, and serve.

Time.—5 minutes. Average Cost, 5*d.*

EGG AND CHUTNEY SANDWICHES.

Ingredients.—Hard-boiled eggs, chutney, white or brown bread, butter.

Method.—Boil the eggs for 15 minutes, let them remain in water until cold, remove the shells, shred the whites of the eggs or chop them coarsely, crush the yolks with a wooden spoon, and add chutney gradually until a moist paste is obtained. Prepare some thin slices of bread and butter, spread half of them with the egg mixture, add a thin layer of white of egg, and cover with more bread and butter. Press well, trim, and cut into desired shapes.

EGG AND WINE (For Invalids).

Ingredients.—1 egg, 1 small teaspoonful of castor sugar, 1 glass of port or sherry, an equal quantity of boiling water.

Method.—Beat the egg well in a cup, add the sugar, and when dissolved, pour on the hot water, and lastly the wine. Strain into a tumbler and serve.

Time.—5 minutes. Average Cost, 5*d.* or 6*d.*

EGG, CODDLED.

Ingredients.—1 new-laid egg.

Method.—Place the egg in boiling water, put on the lid, and let the stewpan stand for 7 or 8 minutes where the water will keep hot without simmering. An egg cooked in this manner is more easily digested than when boiled in the ordinary way.

Time.—7 or 8 minutes. Average Cost, 2*d.*

EGG COQUILLES, WITH SPINACH (Casserole Cookery).

Ingredients.—½ lb. of prepared and seasoned spinach, 1 breakfastcupful of cream, 6 fresh eggs, pepper and salt.

Method.—Have 6 very small coquille or marmit pots, or china soufflé cases, butter them, and put 1 tablespoonful of spinach in each. Upon this put about 1 dessertspoonful of cream. Break 1 egg in each, season with salt and pepper, and bake carefully in a moderately-heated oven for 8 minutes. Dish up, and serve quickly.

Time.—To cook, about 8 minutes. Average Cost, 1*s.* 9*d.* to 2*s.* 6*d.* Sufficient for 6 persons. Seasonable at any time.

EGG CROQUETTES.

Ingredients.—4 hard-boiled eggs, 6 coarsely-chopped preserved mushrooms, 1 oz. of butter, ½ oz. of flour, ½ gill of milk, 1 raw egg, coarse-grained Florador or breadcrumbs, nutmeg, salt and pepper, frying-fat, fried parsley.

Method.—Chop the eggs finely or rub them through a wire sieve.

Fry the mushrooms lightly in the hot butter, stir in the flour, add the milk, and boil well. Now put in the eggs, season to taste, add a pinch of nutmeg, mix well over the fire, then spread on a plate to cool. When ready to use shape into balls or corks, coat carefully with egg. cover with Florador or breadcrumbs, and fry in hot fat until golden-brown. Drain well, and serve garnished with fried parsley.

TIME.—From 2 to 3 hours. AVERAGE COST, 1*s*. SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

EGG FLIP (For Invalids).

INGREDIENTS.—1 egg, 1 glass of port, sherry, or brandy, 1 teaspoonful of castor sugar.

METHOD.—Separate the white and yolk of the egg, whisk the former to a stiff froth, and put the latter into a tumbler. Add the sugar, and stir with a teaspoon until creamy. Put in the wine, stir in the prepared white as lightly as possible, and serve.

TIME.—10 minutes. AVERAGE COST, 6*d*.

EGG JELLY (For Dietetics).

INGREDIENTS.—½ pint of water, the juice of 2 lemons, thin rind of 1 lemon, ¼ oz. of gelatine, 1 egg, saccharine.

METHOD.—Put all the ingredients into a saucepan, and stir the mixture by the side of the fire until the gelatine is dissolved. Strain into a mould and turn out the jelly when set.

TIME.—1 hour. AVERAGE COST, 5*d*.

EGG JELLY (Invalid Cookery).

INGREDIENTS.—2 eggs, 5 ozs. of loaf sugar, 1 oz. of gelatine, 2 lemons.

METHOD.—Rub the sugar on the lemon-rind, squeeze and strain the juice, and make up to 1 pint with cold water. When using Nelson's gelatine, stir it into the lemon-juice and water, and let it soak for at least 1 hour; soak sheet gelatine from 15 to 20 minutes. When ready, turn it into a stewpan, and stir over the fire until the gelatine is dissolved. Separate the whites and yolks of the eggs, whisk the former to a stiff froth, beat the latter slightly and add them, with the sugar, to the contents of the stewpan. Stir by the side of the fire until the sugar is dissolved and the yolks of egg sufficiently cooked, but if allowed to boil it may curdle. Mix in, off the fire and as lightly as possible, the whites of eggs, turn into a mould rinsed with cold water, and when firm unmould and serve. A more solid variety may be made by beating both yolks and whites together.

TIME.—½ an hour. AVERAGE COST 6*d*.

EGG NOG (For Invalids).

INGREDIENTS.—1 white of egg, 1 tablespoonful of sherry or brandy, 1 tablespoonful of cream, castor sugar to taste.

METHOD.—Put the wine or brandy into a tumbler, add the cream and a little sugar, and mix well. Whisk the white of egg to a stiff froth, stir it lightly into the contents of the tumbler, and serve.

TIME.—5 minutes. AVERAGE COST, 5*d*.

EGG NOG, HOT (For Invalids).

INGREDIENTS.—The yolk of 1 egg, 1 pint of milk, 1 tablespoonful of castor sugar, 1 tablespoonful of brandy or whisky.

METHOD.—Beat the yolk of egg and sugar well together, then stir in the brandy or whisky. Bring the milk to boiling point, then pour it over the mixed ingredients, stir well, and serve.

TIME.—10 minutes. AVERAGE COST, *6d.*

EGG SALAD.

INGREDIENTS. — 6 hard-boiled eggs, 1 crisp lettuce, a few slices of beetroot, 1 tablespoonful of capers, 1½ teaspoonfuls of chopped parsley, 1 slice of toasted bread, 2 tablespoonfuls of cream, 1 tablespoonful of Mayonnaise sauce.

METHOD.—Cut the eggs across into rather thick slices; wash, trim, and dry the lettuce thoroughly; whip the cream stiffly, and add it, with a teaspoonful of parsley, to the Mayonnaise sauce. Place the round of toast in a salad bowl; upon it arrange a layer of lettuce leaves, then a layer of Mayonnaise, cover with slices of egg, and season with salt and pepper. Repeat until the materials are used, piling the centre somewhat high, garnish with the capers, and slices of beetroot, sprinkle on the remainder of the parsley, and serve.

EGG SANDWICHES.

INGREDIENTS.—Fresh eggs, watercress, or mustard and cress, white or brown bread, butter, oil, vinegar, salt and pepper.

METHOD.—Boil the eggs for 15 minutes, then crack the shells, and leave the eggs in water until quite cold. When ready, shell, slice them thinly, season with salt and pepper, and sprinkle lightly with oil and vinegar mixed in equal proportions. Let them remain for 15 minutes, then turn them carefully and season and sprinkle as before. Meanwhile, wash and dry the cress thoroughly, and season it with oil, vinegar, salt and pepper. Cut some thin slices of bread and butter, spread ½ of them with the prepared eggs and the rest with cress, press them firmly together, trim away the crust, and cut into shape. Dish them neatly on a folded serviette, garnished with small salad or watercress.

EGG SAUCE (For Boiled Fish or Boiled Fowl).

INGREDIENTS.—¾ pint of melted butter, 1 teaspoonful of lemon-juice, salt and pepper, 2 hard-boiled eggs.

METHOD.—Boil the eggs until quite hard (15 minutes), and put them into cold water for ½ an hour. Remove the shells, cut the whites in small dice, and rub the yolks through a wire sieve. Have the melted butter boiling, stir in the whites of eggs, add salt, pepper, and lemon-juice, and use as required. The sauce is usually poured over the fish, and the sieved yolks of eggs sprinkled on the top as a garnish. When the sauce is served separately, the yolks should be added to it with the whites.

TIME.—1 hour. AVERAGE COST, *5d.* SUFFICIENT for 3 or 4 lbs. of fish.

EGG SOUP.

INGREDIENTS.—1 quart of good white stock, ¼ pint of cream, the yolks of 4 eggs, salt and pepper.

METHOD.—Beat the yolks of eggs slightly and add the cream. Bring the stock nearly to boiling point, add the *liaison* or binding mixture, of eggs and cream, and stir by the side of the fire until the soup thickens, but do not allow it to boil, or the eggs may curdle. Season to taste, and serve with croûtons of fried or toasted bread.

TIME.—About 20 minutes. AVERAGE COST, 1*s.* 9*d.* SUFFICIENT for 5 persons. SEASONABLE at any time.

EGG, WHITE OF, AND SODA WATER (For Invalids).

Ingredients.—1 white of egg, 1 tablespoonful of brandy, sherry or lemon-juice, ¼ pint of soda-water, ¼ of a teaspoonful of castor sugar.

Method.—Whisk the white of egg to a stiff froth, add the sugar, and turn it into a tumbler. Mix the brandy lightly in, pour in the soda water, and serve at once. The yolk of egg, or a whole egg, can be used in the same way.

Time.—5 minutes. Average Cost, 5*d.*

EGGS AND TOMATOES (COLD). (Vegetarian Dish.)

Ingredients.—Fresh eggs, firm tomatoes, croûtes of fried or toasted bread, salt and pepper, salad.

Method.—Cut a slice off the end of each tomato, scoop out some of the pulp, and season the inside of the tomatoes with salt and pepper. Into each one carefully break an egg, put on the lids, and bake in a moderately hot oven until the eggs are set. When cold, serve garnished with salad.

Time.—From 10 to 15 minutes, to bake the tomatoes. Average Cost, 3½*d.* to 4*d.* each. Sufficient, allow 1 to each person.

EGGS, BAKED.

Ingredients.—6 eggs, 2 ozs. of finely-grated cheese, 2 ozs. of breadcrumbs, ½ oz. of butter, 1 teaspoonful of finely-chopped parsley, salt, cayenne.

Method.—Butter 6 china or ramakin cases, put the seasoning into them, and break an egg into each. Put an equal portion of cheese into each cup, cover with breadcrumbs, and add a small piece of butter. Bake in a moderate oven for about 5 minutes, or until set, and serve hot.

Time.—5 minutes to bake. Average Cost, 1*s.* to 1*s.* 2*d.* Sufficient for 4 persons.

EGGS, BOILED.

Method.—Eggs for boiling cannot be too fresh, but a longer time should be allowed for boiling a new-laid egg than one that is 3 or 4 days old. Have ready a saucepan of boiling water, put the eggs into it gently with a spoon, letting the spoon touch the bottom of the saucepan before it is withdrawn, to avoid cracking the shell. For those who like eggs lightly boiled, 3 to 3½ minutes will be found sufficient, 4 minutes' gentle boiling will lightly coagulate the white, and 5 minutes will set it firmly. Eggs for salads and sandwiches should be allowed to boil for 10 minutes. Cracking the shell and allowing the egg to remain in water until cold prevents a dark rim forming round the yolk.

EGGS, BUTTERED.

Ingredients.—2 eggs, 1 oz. of butter, salt and pepper, buttered toast.

Method.—Melt the butter, but do not allow it to get hot. Break the eggs into a basin, add seasoning to taste, beat slightly, then pour into the stewpan containing the butter. Stir them briskly over a moderate heat until quite thick, then pour over the prepared toast, and serve at once.

Time.—5 minutes. Average Cost, 6*d.* Sufficient for 2 persons.

EGGS, BUTTERED (Chafing Dish Cookery).

Ingredients.—6 eggs, 2 tablespoonfuls of milk or cream, 1½ ozs of butter, buttered toast.

METHOD.—Beat up the eggs and add the milk or cream, season to taste. Melt the butter in the chafing dish, and, when hot, pour in the eggs and stir quickly until the eggs commence to set. Have some pieces of toast made, butter them, and place them on a hot dish, pile the mixture upon it, and serve hot.

TIME.—5 or 6 minutes. AVERAGE COST, 1*s.* 3*d.* to 1*s.* 6*d.* SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

EGGS, BUTTERED (Indian Style).

INGREDIENTS. — 3 hard - boiled eggs, 2 raw eggs, ½ oz. of butter, curry-powder, salt and pepper, browned breadcrumbs.

METHOD.—Cut the hard-boiled eggs across into rather thick slices, place them in a well-buttered gratin dish, or china baking-dish, in which they may be served, and sprinkle over them about ½ a teaspoonful of curry-powder and a few grains of cayenne. Beat the raw eggs slightly, season with salt and pepper, and pour them into the dish. Cover the surface lightly with browned breadcrumbs, put bits of butter here and there, and bake in a moderate oven for about 10 minutes. Serve as hot as possible.

TIME.—10 minutes. AVERAGE COST, 9*d.* SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

EGGS, CURRIED.

INGREDIENTS. — 4 hard - boiled eggs, ½ pint of stock or milk, 1 oz. of butter, 1 teaspoonful of curry-powder, 1 teaspoonful of flour, 1 finely-chopped small onion, lemon-juice, salt, 4 ozs. of cooked rice.

METHOD.—Prepare the rice (*see* Rice, Curried), shell the eggs and cut them in quarters. Fry the onion slightly in the hot butter, sprinkle in the flour and curry-powder, and cook slowly for 5 or 6 minutes. Add the stock or milk, season with salt and lemon-juice, and simmer gently for ½ an hour. Then put in the eggs, and let them remain until thoroughly heated, and serve. The rice may be arranged as a border, or served separately.

TIME.—1 hour. AVERAGE COST, 9*d.* to 1*s.* SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

EGGS, FRICASSEE OF.

INGREDIENTS. — 4 hard - boiled eggs, ½ pint of white sauce, fried or toasted croûtons of bread, finely-chopped parsley, salt and pepper.

METHOD.—Boil the eggs hard, cut them into rather thick slices, and reserve the yolk of 1 for garnishing. Prepare the sauce as directed, season to taste, put in the sliced eggs, and let them become thoroughly hot. Arrange neatly on a hot dish, sprinkle with parsley, and yolk of egg previously passed through a fine sieve, garnish with the croûtons, then serve.

TIME.—½ an hour. AVERAGE COST, 10*d.* to 1*s.* SUFFICIENT for 2 or 3 persons.

EGGS, FRIED.

INGREDIENTS.—4 eggs, 2 ozs. of butter or fat, toasted bread.

METHOD.—Heat the butter or fat in a frying-pan. Break the eggs into cups, slip them gently in the hot butter or fat, and fry until the whites are set. Whilst they are frying, draw the whites gently over the yolks with a spoon, and when set, baste them well with the butter or fat. Take the eggs up with a slice, drain well from fat, trim them neatly, and serve on slices of toast. If the eggs are to be served with ham or bacon, cook them in the fat obtained by frying the same.

Time.—10 minutes. Average Cost, 8*d*. Sufficient for 2 or 3 persons.

EGGS, IN CASES.

Ingredients.—6 eggs, 1 tablespoonful of grated Parmesan cheese, 2 tablespoonfuls of breadcrumbs (about), 2 tablespoonfuls of cream, 1 teaspoonful of chopped parsley, 1 finely-chopped shallot, butter, salt, pepper, 6 china or paper ramakin cases.

Method.—Brush the inside of the ramakin cases over with clarified butter or oil, and place them on a baking-tin in the oven for a few minutes. Fry the shallot in a little butter, then drain and put it equally divided into the cases. To the breadcrumbs add half the cheese and parsley and a good seasoning of salt and pepper, and put an equal amount of the mixture into each case. Add a very small piece of butter, carefully break and put in the eggs, and sprinkle with salt and pepper. Pour a little cream over each egg, add the remainder of the cheese, bake in a moderate oven until set, then sprinkle with parsley and serve.

Time.—To bake, about 6 minutes. Average Cost, 1*s*. 3*d*. Sufficient for 5 or 6 persons.

EGGS, PICKLED.

Ingredients. — 16 hard-boiled eggs, 1 quart of good vinegar, ½ oz. of black peppercorns, ½ oz. of allspice, ½ oz. of ginger.

Method.—Remove the shells, and arrange the eggs compactly in wide-necked jars. Boil the peppercorns, spice, and ginger in the vinegar until some of their flavour is extracted, and pour it whilst boiling hot over the eggs. When cold, cover closely, and store in a cool, dry place.

Time.—About 1 hour. Average Cost, 2*s*.

EGGS, POACHED.

Ingredients. — Eggs, buttered toast, salt, vinegar, or lemon-juice.

Method. — Eggs for poaching should be fresh, but not new-laid; for if poached before they have been laid 36 hours, the white is so milky that it is almost impossible to coagulate it. To prepare, boil some water in a shallow stewpan or deep frying-pan, add salt to taste, and allow to each pint of water 1 tablespoonful of vinegar, or 1 teaspoonful of lemon-juice. Break the egg into a cup, taking care to keep the yolk whole, and when the water boils, remove the pan to the side of the fire, and gently slip the egg into it. Tilt the pan, with a tablespoon gently fold the white of the egg over the yolk, so as to produce a plump appearance, and simmer gently until the white is set. Take it up carefully with a slice, trim the edges, if necessary, and serve either on buttered toast, slices of ham or bacon, or spinach.

Time.—5 minutes to cook.

EGGS, POACHED, WITH HAM.

Ingredients.—4 eggs, 3 ozs. of finely-chopped cooked ham, 4 rounds of buttered toast, the size of the eggs when cooked, 4 small teaspoonfuls of cream or milk, butter, 1 teaspoonful of finely-chopped parsley, cayenne, salt and pepper.

Method.—Add the parsley and a little pepper to the ham. Coat 4 small deep patty-pans thickly with butter, over which sprinkle the ham preparation, then add an egg, breaking them carefully so as to keep the yolks whole. Season with salt, pepper, and cayenne, add a teaspoonful of cream, and place on the top a morsel of butter. Put the tins in the oven, in a sauté-pan, surround them to half their depth with boiling water, and poach until the white is firm. When ready, turn the eggs carefully out of the tins on to the toast, and serve.

Time.—15 minutes. Average Cost, 1*s.* 2*d.* to 1*s.* 4*d.* Sufficient for 4 persons. Seasonable at any time.

EGGS, POACHED, WITH SPINACH.

Ingredients.—6 eggs, 1 pint of spinach purée, either fresh or tinned, 1 oz. of butter, 1 tablespoonful of brown sauce, 1 teaspoonful of lemon-juice or vinegar, nutmeg, salt, pepper, and sippets of toasted bread.

Method.—Prepare the spinach purée, place it in a saucepan, add the butter, a good pinch of nutmeg, salt, pepper, and the brown sauce, and make thoroughly hot. Meanwhile, poach the eggs and turn them neatly. Turn the spinach on to a hot dish, flatten the surface lightly; upon it place the eggs and garnish with sippets of toasted bread. Serve good gravy or brown sauce separately.

Time.—20 minutes after the purée is made. Average Cost, 1*s.* 4*d.* Sufficient for 5 or 6 persons. Seasonable at any time.

EGGS, POACHED, WITH TOMATO SAUCE.

Ingredients.—6 eggs, 4 ozs. of rice, 1 oz. of butter, ¼ pint of tomato sauce, about ½ pint of stock, salt and pepper.

Method.—Wash and drain the rice, add it to the boiling stock, cook gently until all the stock has become absorbed, leaving the rice soft and dry, then stir in the butter and season to taste. Poach the eggs until firm and trim them neatly. Arrange the rice lightly on a hot dish, place the eggs upon it, and pour the hot sauce round and serve.

Time.—1¼ hours. Average Cost, 1*s.* 4*d.* Sufficient for 5 or 6 persons. Seasonable at any time.

EGGS, SAVOURY.

Ingredients.—4 eggs, 4 rounds of buttered toast, 2 ozs. of finely-chopped cooked ham, 1 teaspoonful of finely-chopped parsley, salt and pepper.

Method.—Butter 4 small china ramakin cases or dariol moulds, and coat them thickly with ham and parsley, previously mixed together. Break an egg carefully into each case, and sprinkle them with salt and pepper. Bake or steam until firm, then turn them on to the prepared toast, and serve.

Time.—10 to 15 minutes. Average Cost, 10*d.* Sufficient for 3 or 4 persons. Seasonable at any time.

EGGS, SCOTCH.

Ingredients.—3 hard-boiled eggs, ½ lb. of sausages, 1 raw egg, breadcrumbs, frying-fat, fried parsley, 6 croûtes of fried bread.

Method.—Skin the sausages, mix them together, and divide into 3 equal parts. Shell the eggs, enclose them in the sausage meat, coat with egg and breadcrumbs, and fry in hot fat, which should be sufficiently deep to cover them. Drain well, cut them in halves, dish them on the croûtes, and serve garnished with parsley.

Tomato sauce frequently accompanies this dish.

TIME.—½ an hour. AVERAGE COST 1*s.* to 1*s.* 3*d.* SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

EGGS, SCRAMBLED.

INGREDIENTS.—4 eggs, 2 slices of buttered toast, 1 oz. of butter, 2 tablespoonfuls of cream or milk, salt and pepper, chopped parsley.

METHOD.—If liked, round, oval, or triangular croûtes of toasted bread may be used, but for ordinary purposes each slice of toast may be trimmed and cut into quarters. Beat the eggs slightly, season them with salt and pepper, add the cream or milk, and pour the mixture into a stewpan, in which the butter should have been previously melted. Stir over the fire until the eggs begin to set, then pile on the toast, sprinkle with parsley and serve.

TIME.—10 minutes. AVERAGE COST, 10*d.* to 1*s.* 1*d.* SUFFICIENT for 4 persons. SEASONABLE at any time.

EGGS, SCRAMBLED, AND HAM.

INGREDIENTS.—2 tablespoonfuls of finely-chopped ham, 2 eggs, 1 oz. of butter, 1 tablespoonful of milk, salt and pepper, 2 rounds of buttered toast.

METHOD.—Melt the butter in a stewpan, put in the ham and let it heat gradually in the butter. Beat the eggs, add the milk, season to taste, pour it into the stewpan, and stir until the eggs begin to set. Have the hot toast ready, pile the preparation lightly upon it, and serve at once. Tongue or other kinds of meat may be substituted for the ham.

TIME.—15 minutes. AVERAGE COST, 8*d.* SUFFICIENT for 2 or 3 persons. SEASONABLE at any time.

EGGS, SCRAMBLED, WITH ANCHOVIES.

INGREDIENTS.—3 eggs, 3 anchovies, ¾ oz. of butter, 1 tablespoonful of cream or milk, ½ a teaspoonful of essence of anchovy, toast, butter, capers, parsley, pepper and salt.

METHOD.—Skin and bone the anchovies, and cut them into fine strips. Cut the toast into pieces 3 inches long and 2 inches wide, and spread them thickly with butter. Beat the eggs slightly, then put them with the butter, cream, and anchovy essence into the stewpan, and season to taste. Stir by the side of the fire until the mixture thickens, put it on the toast, lay the strips of anchovy across, forming a lattice, and place a caper in each division. Re-heat in the oven, then serve garnished with parsley.

TIME.—40 minutes. AVERAGE COST, about 10*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

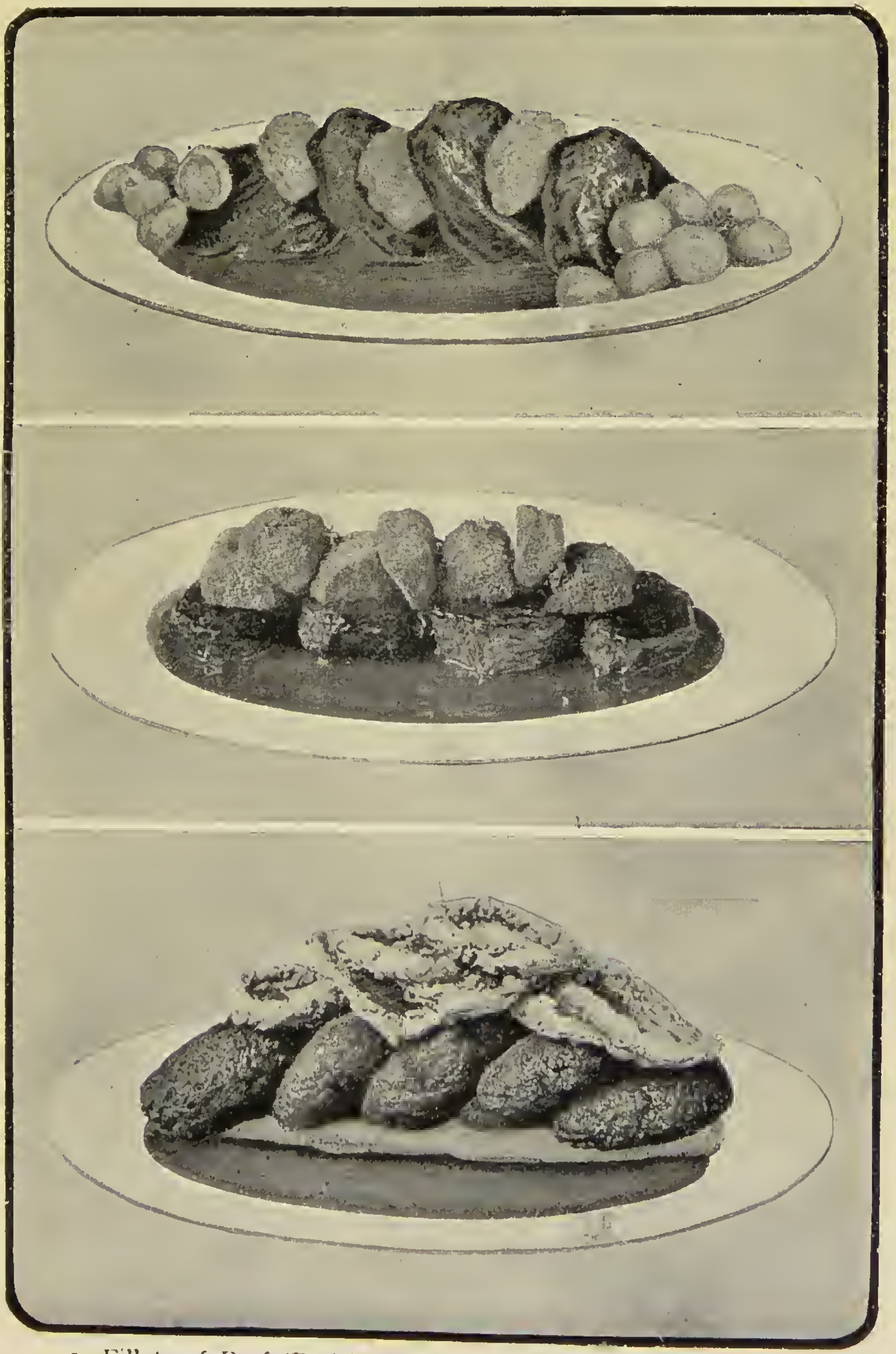
EGGS, SCRAMBLED, WITH MUSHROOMS.

INGREDIENTS.—4 eggs, 6 button mushrooms (preferably fresh ones), 1 oz. of butter, 2 tablespoonfuls of cream or milk, 2 slices of buttered toast, salt and pepper.

METHOD. — Prepare the mushrooms, cut them into small dice, and fry lightly in the butter. Meanwhile, trim the toast and divide each slice into 4 squares. Beat the eggs slightly, season them with salt and pepper, add the cream, and pour the mixture into the stewpan. Stir over the fire until the eggs begin to set, then pile the preparation on the toast, and serve as hot as possible.

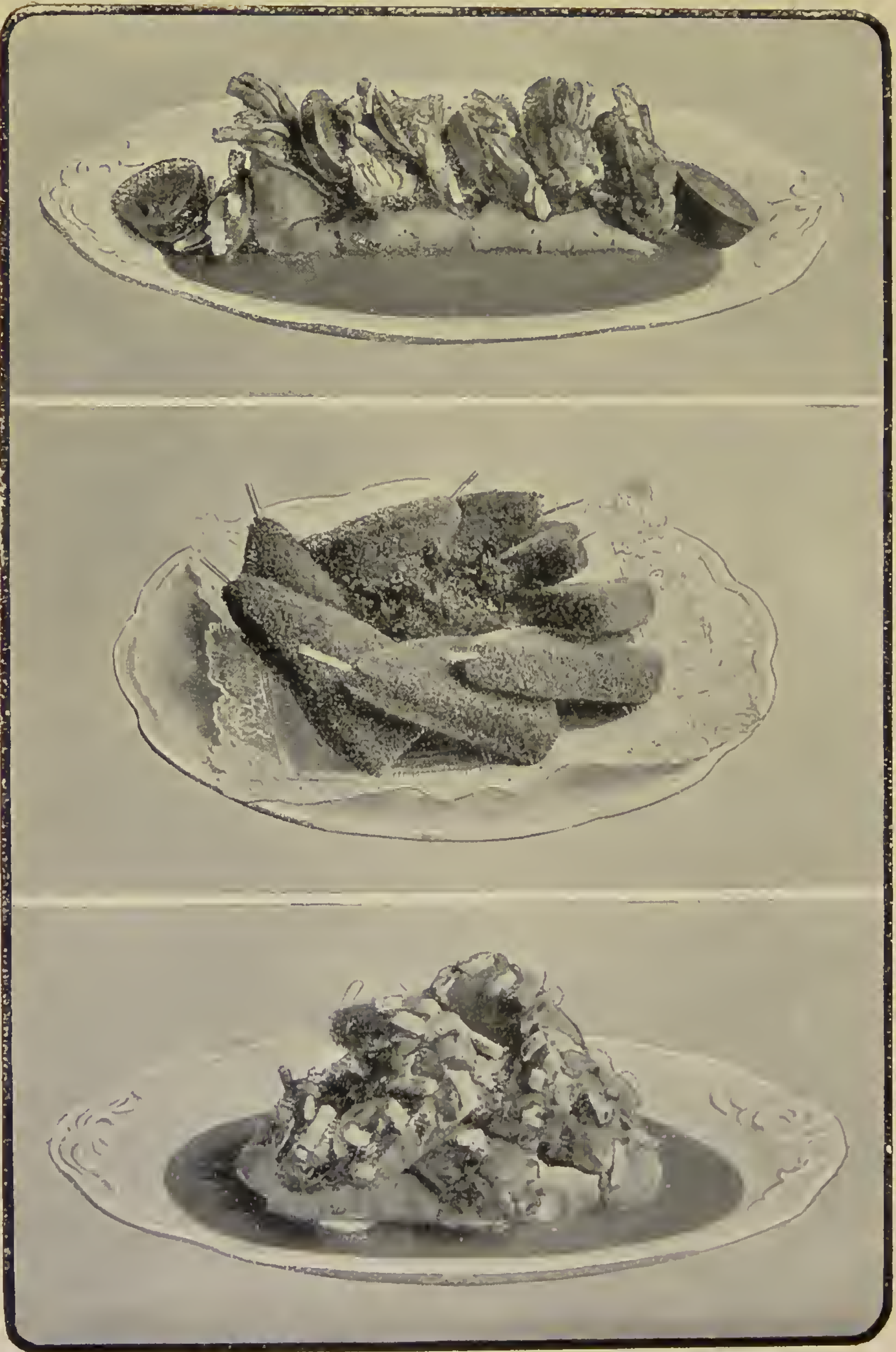
TIME.—10 minutes. AVERAGE COST, 1*s.* to 1*s.* 3*d.* SUFFICIENT for 4 persons. SEASONABLE at any time.

ENTRÉES. No. 6.



1. Fillets of Beef (Parisienne). 2. Fillets of Beef (Pompadour).
3. Fillets of Beef (Viennoise).

ENTRÉES. No. 7.



1. Grenadins of Veal. 2. Rabbit Cutlets. 3. Rabbit Larded and Braised.

EGGS, SCRAMBLED, WITH OYSTERS (Chafing Dish Cookery).

INGREDIENTS.—1 dozen oysters, 6 eggs, 1 oz. of fresh butter, 1 teaspoonful of anchovy paste, salt and pepper.

METHOD.—Mix the butter with the anchovy paste. Beat up the eggs, and season with salt and pepper. Melt the anchovy butter in the chafing dish, when hot pour in the eggs, stir lightly until the mixture begins to thicken, then add quickly the oysters, previously bearded and cut into halves or dice. Serve from the chafing dish with fingers of toasted bread, buttered and lightly spread with anchovy paste.

TIME.—10 minutes. AVERAGE COST, 2*s.* 6*d.* to 3*s.* SUFFICIENT for 3 or 4 persons. SEASONABLE from September to April.

EGGS, SNOW.

INGREDIENTS.—5 eggs, 1 pint of milk, sugar, essence of vanilla.

METHOD.—Boil up the milk, sweeten to taste, and flavour with vanilla. Whisk the whites of the eggs to a stiff froth, put 1 table spoonful at a time into the boiling milk, and poach until firm. Turn 2 or 3 times during the process, and as each portion is cooked, drain and place in a glass dish. Beat the yolks of the eggs, add them to the milk, and strain into the jug. Stand the jug in a saucepan of boiling water, and stir the contents until they thicken. Let the custard cool, stirring occasionally meanwhile, then pour over and round the snow eggs, and serve.

TIME.—About 1¼ hours. AVERAGE COST, 9*d.* to 1*s.* SUFFICIENT for 6 or 7 persons.

EGGS, SWISS STYLE.

INGREDIENTS.—8 eggs, 3 tablespoonfuls of grated cheese, 1½ ozs. of butter, salt and pepper, cayenne.

METHOD.—Butter 8 china ramakin cases, put a small teaspoonful of cheese at the bottom of each one, and add a little seasoning. Break the eggs carefully, keeping the yolks whole; lay one in each case, cover with a small teaspoonful of cheese, add a little seasoning, place a small piece of butter on the top, and bake until set. Serve hot.

TIME.—10 minutes. AVERAGE COST, 1*s.* 3*d.* to 1*s.* 9*d.* SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

EGGS, TO CHOOSE.

The freshness of eggs may be tested in several ways. One ingenious apparatus is a speculum, furnished with an interior looking-glass, which renders the egg sufficiently transparent to show if it is fresh, infected, or really bad. If fresh, a clear disk is thrown; if stale, a cloudy disk with spots; and if bad, a dark unsightly disk is visible. Another method of ascertaining their freshness is to hold them before a lighted candle or to the light. If the egg looks clear, it will be perfectly good, but if there is a black spot attached to the shell, it is worthless. The former test cannot be put into practice when purchasing eggs in the ordinary way, and the latter test can only be applied at night time when an artificial light is burning. To an experienced buyer the size, weight, and appearance of eggs indicate their value, stale eggs being considerably lighter than those newly-laid. Eggs that cannot be relied on should always be broken separately.

Eggs contain, for their bulk, a greater quantity of nutriment than any other article of food. In 100 parts there are 73·50 parts of water, 13·50 of proteids, 11·60 of fats, and 1·40 of salts. It does not, however, follow that eggs are always suited to weak digestions; quite the contrary, for it is often a great object to give the stomach a large surface to work upon, a considerable volume of *ingesta*, over which the nutritive matter is diffused, and so exposed to the action of the gastric juice at many points; for there are many persons who cannot digest eggs, however cooked. The indigestibility of eggs decreases in proportion to the degree in which they are hardened by boiling.

EGGS, TO KEEP, FOR WINTER USE.

Method.—Procure the eggs warm from the nest, grease them thoroughly all over with butter, lard, or oil, lay them in a box on a thick layer of bran, and surround each egg with a little bran, to prevent them touching each other. Cover each layer of eggs thickly with bran.

EGGS WITH HAM.

Ingredients.—6 eggs, 2 tablespoonfuls of finely-chopped cooked ham, 1 tablespoonful of browned breadcrumbs, 2 tablespoonfuls of white or brown sauce or gravy, ½ oz. of butter, salt, pepper.

Method.—Butter 6 china soufflé cases. Season the ham with pepper, moisten with the sauce or gravy, add a few drops of mushroom ketchup or any cruet sauce, and put the preparation into the cases. Now add the eggs, taking care to keep the yolks whole, and sprinkle on a little salt and pepper. Cover with a thin layer of breadcrumbs, place small pieces of butter on the top, bake in a moderate oven until the eggs are set, and serve them in the cases.

Time.—From 15 to 20 minutes. Average Cost, 1*s.* to 1*s.* 3*d.* Sufficient for 6 persons. Seasonable at any time.

EGGS WITH MUSHROOMS.

Ingredients.—6 eggs, 12 small mushrooms, 1 oz. of butter, 2 small onions, ½ pint of good gravy, pepper and salt.

Method.—Boil the eggs hard, and when cold cut them into rather thin slices. Slice, and fry the mushrooms and onions in the butter, add the gravy, bring to the boil, and season to taste. Put in the sliced eggs, let them become thoroughly hot, then dish carefully, and serve.

Time.—½ an hour. Average Cost, 1*s.* 6*d.* Sufficient for 4 or 5 persons.

EMPRESS PUDDING.

Ingredients.—1 quart of milk, 4 ozs. of rice, 2 ozs. of butter, 1 tablespoonful of sugar, paste or paste trimmings, jam or stewed fruit, salt.

Method.—Simmer the rice in the milk until tender and fairly dry, then add the butter, sugar, and a good pinch of salt. Line the edge of the piedish with paste, then spread a thin layer of rice on the bottom of the dish, and cover thickly with jam or stewed fruit. Repeat until the dish is full, letting the top layer be of rice. Bake in a moderate oven for about ½ an hour, and serve with boiled custard sauce.

Time.—About 2 hours. Average Cost, 1*s.* 3*d.* to 1*s.* 6*d.* Sufficient for 6 or 7 persons.

ENDIVE.

This vegetable is generally served as a salad, but may also be served hot, stewed in cream, brown gravy, or butter; but when dressed thus, the sauce it is stewed in should not be very highly seasoned, as that would destroy and overpower the flavour of the vegetable.

Average Cost.—From 2*d.* per head. Seasonable from November to March.

ENDIVE SALAD.

Ingredients.—Endive, cress, shredded celery, boiled beetroot, salad dressing (*see* recipes for same).

Method.—Separate the endive into tufts, toss these in salad dressing, pile them high in a salad-bowl, and garnish with cress, celery, and beetroot.

ENDIVE SOUP.

Ingredients.—1½ lbs. of knuckle of veal, free from bone, poultry giblets (9*d.* or 1*s.* worth), 1 onion, 2 cloves, 1 turnip, 1 carrot, 1 small bouquet-garni (parsley, thyme, bay-leaf), 2 endives (large heads), 2 ozs. of butter, 1 oz. of flour, yolks of 2 eggs, 1½ gills of cream, seasoning, nutmeg, salt and pepper, ground mace, paprika pepper.

Method.—Cut the meat into pieces, wash and clean the giblets; put all in a stewpan with sufficient water to cover, about 2 quarts, add a teaspoonful of salt, and bring to the boil. Skim well. Peel the onion, insert the cloves, peel or scrape the turnip and carrot; add these to the above, also the bouquet-garni. Boil for about 1½ hours or longer, and strain. Trim, wash, and drain the endives, cut them into fine shreds, blanch and drain. Melt 1 oz. of butter in a stewpan, add the endives, and stir over the fire for 5 minutes. Moisten with sufficient stock, and cook until tender, then put it into the prepared stock. Allow this to boil up. Melt the remainder of the butter, stir in the flour, cook a little, and moisten with a little cold milk. Pour this into the soup, and continue to cook the whole a little longer, then pass through a fine sieve. Return to the stewpan, season to taste with salt, pepper, and nutmeg, also a tiny pinch of ground mace and paprika. Put the cream and egg-yolks into the soup tureen, beat up well, and pour the boiling soup gradually into the tureen. The soup is then ready for table.

Average Cost.—3*s.* 6*d.* Sufficient for 8 persons. Seasonable from October to April.

ENDIVE, STEWED.

Ingredients.—6 heads of endive, ¾ pint of stock, 1 oz. of butter, 1 oz. of flour, 1 tablespoonful of lemon-juice, salt and pepper.

Method.—Wash and free the endive thoroughly from insects, remove the green parts of the leaves, and put the endive into boiling water, slightly salted. Let it remain for 10 minutes, then take it out, drain, and chop it finely. Melt the butter in a stewpan, stir in the flour, and cook for a few minutes without browning. Put in the stock, stir until boiling, add the endive and lemon-juice, season to taste, simmer until the endive is perfectly tender, then serve.

Time.—Altogether, about ½ an hour. Average Cost, from 2*d.* per head. Seasonable from November to March.

ENGLISH SALAD.

Ingredients.—Shredded lettuce, watercress, mustard and cress, sliced radishes, a few spring onions finely sliced, sugar, salt, pepper, equal parts of oil and vinegar, sliced tomatoes.

Method.—Mix together the lettuce, cress, radishes, and onions. Add a little sugar and a seasoning of salt and pepper to the oil and vinegar, pour it over the salad, and serve garnished with sliced tomatoes.

EPICUREAN SAUCE.

Ingredients.—1 gill of Mayonnaise sauce, ½ gill of aspic jelly (*see* Jellies), ½ gill of cream, 1 tablespoonful of tarragon vinegar, 1 teaspoonful of anchovy-essence, 1 dessertspoonful of chopped gherkins, 1 dessertspoonful of chopped chutney, ½ a cucumber, salt, pepper, sugar.

Method.—Peel the cucumber thinly, cut it into small pieces, and cook till tender in salted water. Drain off the water, and rub the cucumber through a fine sieve. Carefully mix the Mayonnaise with the cream, anchovy-essence, gherkins, and chutney. Mix the cucumber purée with the vinegar and the aspic, which should be dissolved, but almost cold. Blend both mixtures together. Season with salt, pepper, and a little castor sugar, and serve with fish, cold meat, or vegetables such as asparagus, green artichokes, etc., This also makes a nice dressing for fish salads.

Time.—40 minutes. Cost, about 1*s*.

ESPAGNOLE, OR SPANISH SAUCE.

Ingredients.—1 quart of stock, 1 oz. of raw lean ham or bacon, 2 ozs. of butter, 2 ozs of flour, 1 carrot, 1 onion, 1 clove, 4 peppercorns, 1 bouquet-garni (parsley, thyme, bay-leaf), ½ gill of tomato pulp, ½ gill of sherry, 2 mushrooms.

Method.—Melt the butter in a stewpan, add the ham, cut into small pieces, fry for a few minutes, and then put in the vegetables sliced, the herbs, and spices. Stir these ingredients over a slow fire for about 5 minutes, then add the flour and brown it carefully. Add the stock, tomato pulp, and sherry, stir the sauce until boiling, draw the saucepan to the side of the fire, let it boil slowly for about 1 hour, then skim off the fat. pass the sauce through a tammy-cloth, season, warm up, and serve.

Time.—About 1½ hours. Average Cost, 1*s*. 4*d*. Quantity, 1 pint.

EVERTON TOFFEE.

Ingredients.—1 lb. of Demarara sugar, 4 ozs. of butter, ¼ pint of water, a good pinch of cream of tartar.

Method.—Dissolve the sugar in the water, add the cream of tartar, and boil to the "hard ball" degree (*see* Sugar to Boil). Remove the stewpan from the fire, add the butter in small pieces, then boil to the "crack" degree (*see* Sugar to Boil). Pour on to buttered or oiled tins; when sufficiently set, mark into squares or oblongs, and when quite cold divide and wrap each piece first in wax paper and afterwards in tinfoil.

EVE'S PUDDING.

Ingredients.—3 ozs. of butter, 3 ozs. of castor sugar, 3 ozs. of flour, 2 eggs, almond or vanilla essence.

Method.—Beat the butter and sugar until thick and creamy, add the yolks of eggs, and stir in the flour. Whisk the whites stiffly, stir them lightly in, and flavour to taste. Have ready some well-buttered dariols or small cups, fill them three-quarters full with the mixture, and bake in a moderately hot oven from 25 to 30 minutes.

Time.—1 hour. Average Cost, 7*d*. to 8*d*. Sufficient for 6 persons.

EXETER PUDDING.

INGREDIENTS.—5 ozs. of breadcrumbs, 2 sponge cakes sliced, 1 oz. of ratafias, 3½ ozs. of suet finely chopped, 2 ozs. of sago, 3 ozs. of moist sugar, 4 small or 3 large eggs, 1 wineglassful of rum, 2 or 3 tablespoonfuls of cream or milk, ½ a teaspoonful of grated lemon-rind, jam, sauce.

METHOD.—Mix all the ingredients, except the ratafias, sponge cake, and jam, well together. Coat a well-buttered mould or basin lightly with breadcrumbs, and cover the bottom with ratafias. Add a layer of the mixture, cover with slices of sponge cake, spread thickly with jam, and on the top place a few ratafias. Repeat until all the materials are used, taking care that the mixture forms the top layer. Bake gently for 1 hour, and serve with a sauce made of 3 tablespoonfuls of black-currant jelly, a glass of sherry and a little water, and boiled up.

TIME.—1½ hours. AVERAGE COST, from 1*s.* 9*d.* to 2*s.* SUFFICIENT for 5 or 6 persons.

EXETER STEW.

INGREDIENTS.—2 lbs. of lean beef, 1½ pints of water, 1½ ozs. of dripping, 1½ ozs. of flour, 2 or 3 onions, 2 tablespoonfuls of vinegar, salt and pepper. For the savoury balls: 4 ozs. of flour, 1½ ozs. of finely-chopped suet, 1 tablespoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, 1 teaspoonful of salt, ¼ of a teaspoonful of baking-powder, ½ a saltspoonful of pepper.

METHOD.—Remove all the fat from the meat, cut the meat into 8 or 10 pieces, put them into a stewing-jar with the vinegar, and place the jar in a cool oven. Make the fat hot in a frying-pan, fry the sliced onions and flour until brown, add the water, boil up, and pour it over the meat in the jar. Season, cover closely, and cook gently either in the oven or on the stove for 3 hours. Mix the ingredients for savoury balls together, add water to bind these into a stiff mixture, and separate into 12 balls. About 40 minutes before serving, bring the stew to boiling point; drop in the balls, and simmer for 40 minutes. To serve: pile the meat in the centre of a hot dish, strain the gravy over and arrange the balls neatly round the base.

TIME.—From 3¼ to 3½ hours. AVERAGE COST, about 2*s.* SUFFICIENT for 5 or 6 persons.

FARMER'S FRUIT CAKES.

INGREDIENTS.—1 cup of dried sour apples, 1 cup of golden syrup, 1 cup of sugar, ⅓ cup of butter, ½ a cup of sour milk, 1 teaspoonful of soda, 2 teaspoonfuls of cinnamon, 1 teaspoonful of cloves, 1 egg, 2 cups of flour.

METHOD.—Chop the apples fine, and soak them over night; in the morning let them simmer for 2 hours with the golden syrup. Prepare the other ingredients as for any cake, beating well, and adding the apple and syrup when a little cool, but not cold. Bake in small greased tins in a moderate oven.

TIME.—½ to ¾ of an hour. AVERAGE COST, 10*d.*

FENNEL SAUCE.

INGREDIENTS.—½ pint of melted butter, 2 tablespoonfuls of chopped fennel.

METHOD.—Make the melted butter as directed. Wash the fennel well, pick it from the stalks, put it into boiling water, and boil until tender. Drain well, chop finely, and add it to the boiling sauce. Use as required.

TIME.—Altogether, 35 to 40 minutes. AVERAGE COST, 3*d*. to 4*d*. for this quantity.

FIG CREAM ICE.

INGREDIENTS.—1 breakfastcupful of finely-chopped dried figs, 4 ozs. of castor sugar, 1 dessertspoonful of best isinglass, 2 tablespoonfuls of cornflour, vanilla essence, 1 quart of milk, 1 pint of cream, 3 eggs.

METHOD.—Mix the cornflour smoothly with a little milk, boil the remainder, add the cornflour, and stir until boiling. Beat the eggs and sugar together, stir them into the milk and cornflour, add the isinglass, previously softened in a little cold water, and stir it until dissolved. When cold, add the cream, and a little vanilla essence, freeze slightly, then add the figs and complete the freezing.

TIME.—About 2 hours. AVERAGE COST, 2*s*. 6*d*. to 3*s*. SUFFICIENT for 12 or 14 persons.

FIG MOULD.

INGREDIENTS.—1 lb. of figs, 6 ozs. of sugar, 1 oz. of leaf gelatine, 1 lemon, 1 pint of water.

METHOD.—Cut the figs into small pieces, put them into a stewpan, with the water, sugar, the juice and thinly-cut rind of the lemon, and simmer until tender. Dissolve the gelatine in 3 tablespoonfuls of water, add it to the rest of the ingredients, and pour the mixture into 1 large or several small moulds. Serve with whipped-cream or a good custard sauce.

TIME.—About ½ an hour. AVERAGE COST, 8*d*. SUFFICIENT for 4 or 5 persons.

FIG PUDDING.

INGREDIENTS.—8 ozs. of dried figs, 6 ozs. of finely-chopped suet, 4 ozs. of breadcrumbs, 4 ozs. of flour, 4 ozs. of sugar, ½ pint of milk, 2 eggs, a good pinch of salt, a good pinch of nutmeg.

METHOD.—Chop the figs finely, add to them the rest of the dry ingredients, and mix well. Beat the eggs, add the milk, pour into the mixture, and stir well. Turn into a greased basin, and steam for 2½ hours. Serve with a suitable sweet sauce.

TIME.—About 3 hours. AVERAGE COST, 10*d*. SUFFICIENT for 6 or 7 persons.

FIG PUDDING (Another Method).

INGREDIENTS.—8 ozs. of dried figs finely chopped, 6 ozs. of flour, 3 ozs. of finely-chopped suet, a good pinch of salt.

METHOD.—Mix the flour, suet, and salt together, and add enough cold water to form a stiff paste. Roll out to a suitable thickness, cover with chopped figs, moisten the edges with water, roll up, and make the ends secure. Scald and flour a pudding-cloth, put in the roll, tie the cloth at each end, put the pudding into boiling water, and boil about 1½ hours.

TIME.—From 2 to 2¼ hours. AVERAGE COST, about 7*d*. SUFFICIENT for 5 or 6 persons.

Note.—A little moist sugar may be added, if liked.

FIGS, STEWED.

INGREDIENTS.—1 lb. of figs, 6 ozs. of sugar, the juice of 1 lemon, 1 pint of water.

METHOD.—Place the figs, sugar and lemon-juice in a jar, boil the water, and add it to the contents of the jar. Cover closely, stand the jar in a saucepan of boiling water or in a slow oven, and stew gently from 1½ to 1¾ hours. Serve with a good custard sauce.

TIME.—From 1½ to 1¾ hours. AVERAGE COST, *7d.* SUFFICIENT for 3 or 4 persons.

FINGER PUDDING.

INGREDIENTS.—1 oz. of Savoy or finger biscuits crushed, 1½ ozs. of butter, 3 ozs. of castor sugar, 3 ozs. of ground almonds, 4 eggs, ¼ of a teaspoonful of grated lemon-rind, ¼ of a teaspoonful of ground cinnamon, a good pinch of ground cloves.

METHOD.—Stir the sugar and yolks of eggs together until smooth and creamy, add the almonds, lemon-rind, cinnamon, cloves, the butter melted, and the crushed bissuits. Whisk the whites stiffly, stir them lightly in, and turn the mixture into a well-buttered mould. Steam gently for about 1 hour, and serve with a suitable sauce.

TIME.—About 1½ hours. AVERAGE COST, 10*d.* to 1*s.* SUFFICIENT for 4 or 5 persons.

FISH AND MACARONI.

INGREDIENTS.—2 lbs. of fish (cooked), ½ lb. of macaroni, 3 ozs. of grated cheese, 1 oz. of butter, pepper and salt.

METHOD.—Remove all skin and bone from the fish, and separate it into large flakes. Break the macaroni into pieces about 1 inch in length, put it into boiling salted water, and boil rapidly until tender. Have ready a well-greased piedish, put in a layer of fish, season well with salt and pepper, cover with macaroni, and add a good sprinkling of cheese and seasoning. Repeat until the dish is full. Put the butter in small pieces on the top, and bake for about 20 minutes in a quick oven.

TIME.—About 1 hour. AVERAGE COST, 1*s.* 6*d.* to 2*s.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

FISH AND OYSTER PIE.

INGREDIENTS.—1 lb. of any cold fish, such as cod or haddock, 1 dozen oysters, pepper and salt to taste, breadcrumbs or puff paste, sufficient for the quantity of fish, ½ a teaspoonful of grated nutmeg, 1 teaspoonful of finely-chopped parsley, melted butter or white sauce.

METHOD.—Clear the fish from the bones, put a layer of it in a piedish, add a few oysters, with nutmeg and chopped parsley. Repeat this till the dish is quite full. A covering may be formed either of breadcrumbs, which should be browned, or puff paste, which should be cut into long strips, and laid in crossbars over the fish, with a line of paste first laid round the edge. Pour in some melted butter, or a little thin white sauce, and the oyster liquor, then bake.

TIME.—If made of cooked fish, ¼ of an hour; if made of fresh fish and puff paste, ¾ of an hour. AVERAGE COST, 2*s.* SUFFICIENT for 6 persons. SEASONABLE at any time.

FISH CAKES.

INGREDIENTS.—The remains of any cold fish; to each lb. allow ½ lb. of mashed potatoes, 1 oz. of butter, 2 eggs, breadcrumbs, milk, salt and pepper.

METHOD.—Heat the butter in a saucepan, add the fish (coarsely chopped), potatoes, the yolk of 1 egg, salt, pepper, and sufficient milk to moisten thoroughly. Stir the ingredients over the fire for a few minutes, then turn on to a plate. When cold, shape into round flat cakes, brush them over with egg, cover with breadcrumbs, and fry in hot fat. The fish may be made into one large cake instead of several small ones, in which case, grease a flat tin, and shape the mixture as much like a fish as possible. Brush it over with egg, cover with slightly browned breadcrumbs, and bake for about 20 minutes in a fairly hot oven.

This dish may be varied by the addition of forcemeat, made of 2 tablespoonfuls of finely-chopped suet, 2 tablespoonfuls of breadcrumbs, 1 teaspoonful of finely-chopped parsley, salt, pepper, grated lemon-rind, or other flavouring, and moistened with egg or milk. Or the forcemeat may be made of 1 tablespoonful of picked and coarsely-chopped shrimps, breadcrumbs, a teaspoonful of anchovy-essence, 1 tablespoonful of melted butter, salt, pepper, cayenne, and a little milk. When using forcemeat, spread one half of the fish-cake mixture on the tin in the form of a sole, spread the forcemeat in the centre, leaving bare a narrow margin at the sides, cover with the remainder of the mixture, brush over with egg, sprinkle with browned breadcrumbs, and bake in a moderate oven for 35 or 40 minutes.

Time.—About $\frac{3}{4}$ of an hour. Average Cost, 1*s.* 6*d.* for 12 small cakes. Sufficient, 1lb. fish, etc., for 6 or 7 persons. Seasonable at any time.

FISH CAKES FROM PRESERVED SALMON.

Ingredients.—1 tin of salmon, 1 lb. of mashed potatoes, milk, 1 egg, breadcrumbs, salt and pepper, frying-fat, parsley.

Method. — When using cold potato stir it over the fire with a little milk until quite hot and smooth. Chop the fish coarsely, add it to the potatoes, season to taste, and stir over the fire until thoroughly mixed, adding a little milk if too dry. Let the mixture cool on a plate, then shape into small round cakes, coat carefully with egg and breadcrumbs, and fry in hot fat until lightly browned. Drain well, and serve garnished with crisply-fried parsley.

Time.—Altogether, $1\frac{1}{2}$ hours. Average Cost, 9*d.* to 1*s.*

FISH CHOWDER.

Ingredients.—1 lb. of cod, haddock, or whiting, 3 or 4 potatoes peeled and sliced, $\frac{1}{4}$ lb. of pickled pork cut into dice, 1 small onion finely chopped, 3 water biscuits, $\frac{1}{2}$ pint of milk, 1 pint of water, $\frac{1}{2}$ a teaspoonful of powdered mixed herbs, salt, pepper.

Method.—Wash and dry the fish, and cut it into small pieces. Place the fish, potatoes, and pork in a stewpan in alternate layers, sprinkling each layer with onion, herbs, salt and pepper. Add the water, cover closely, and cook gently for 40 minutes. Meanwhile, soak the biscuits in the milk, beat out all the lumps with a fork, and stir the preparation into the stew about 10 minutes before serving. Add seasoning to taste, and serve hot.

Time.—To cook the chowder, about 40 minutes. Average Cost, about 1*s.* Sufficient for 3 or 4 persons. Seasonable at any time.

FISH, CROQUETTES OF.

Ingredients.—Cooked fish; to $\frac{1}{2}$ lb. of which allow $\frac{1}{4}$ lb. of mashed potatoes, $\frac{1}{2}$ oz. of butter, 1 yolk of egg, 1 whole egg, breadcrumbs, milk, salt and pepper, frying-fat.

Method.—Remove all skin and bone from the fish, then chop it coarsely. Heat the butter in a stewpan, add the fish, potatoes, yolk of egg, salt and pepper to taste, and sufficient milk to moisten it thoroughly. Stir the preparation over the fire until well mixed, then turn it on to a plate. When cold, form it into cork-shaped pieces, brush over with egg, coat with breadcrumbs, and fry in hot fat. Drain well, and serve garnished with crisply-fried parsley.

TIME.—To fry, about 5 minutes. AVERAGE COST, 3*d.* to 4*d.*, in addition to ½ lb. of fish.

FISH, CURRIED.

INGREDIENTS.—1 lb. of cooked fish, ½ pint of milk, 1 oz. of butter, 1 level dessertspoonful of curry-powder, 1 level teaspoonful of flour, 1 finely-chopped small onion, lemon-juice, salt.

METHOD.—Divide the fish into rather large flakes. Heat the butter in a stewpan, fry the onion till lightly browned, sprinkle in the curry-powder and flour, and when smoothly mixed add the milk and boil for 5 or 6 minutes. Season to taste, add a few drops of lemon-juice, and serve plainly or accompanied by boiled rice, as preferred.

TIME.—15 to 20 minutes. AVERAGE COST, 9*d.* to 1*s.* SUFFICIENT for 2 or 3 persons. SEASONABLE at any time.

FISH CURRY (Indian Recipe).

INGREDIENTS.—2 lbs. of fish, ½ lb. of onions sliced, 2 ozs. of ghee or butter, ½ oz. each of green chilies, dried chilies, green ginger, turmeric, cumin seeds, coriander seeds, ¼ oz. of fenugreek, 1 clove of garlic finely-chopped, ½ pint of fish stock or milk, salt, the juice of 2 tamarinds.

METHOD.—Put ½ the onions into a mortar, add the dried chilies, ginger, turmeric, cumin, coriander, fenugreek, garlic, and a dessertspoonful of salt, and pound until smooth. Fry the remaining onions in hot ghee until lightly browned, add the fish, previously washed, well-dried, and cut into small slices; fry lightly, then add the stock or milk, the pounded ingredients, the juice of the tamarinds, and the green ginger, and cover closely. Cook slowly for 20 minutes, then serve with plainly-boiled rice.

TIME.—45 minutes. COST, 1*s.* 10*d.* to 2*s.* SUFFICIENT for 5 persons.

FISH EGGS (SCRAMBLED) (Invalid Cookery).

INGREDIENTS.—3 eggs, 3 ozs. of finely-flaked cooked white fish, 2 ozs. of butter, 1 tablespoonful of cream or milk, salt and pepper, buttered toast.

METHOD.—Beat the eggs, add the cream or milk and season to taste. Heat the butter in a stewpan, put in the fish, and let it become thoroughly hot, then add the eggs. Cook slowly and stir continuously until the mixture begins to thicken, then pile it on the hot toast and serve at once.

TIME.—About 10 minutes. AVERAGE COST, 9*d.* SUFFICIENT for 2 persons.

FISH FARCE.

INGREDIENTS.—½ lb. of uncooked fish (two whitings), ¼ pint of milk or fish stock, 2 ozs. of flour, 1 oz. of butter, 2 eggs, pepper and salt.

METHOD.—Melt the butter, stir in the flour, add the milk or stock, and cook until the panada forms a compact mass round the bowl of the spoon. Pound the fish and the panada well together, add the eggs one by one, season well, and pass the ingredients through a wire sieve. A lighter mixture may be obtained when required by pounding 3 yolks with the fish and mixing the 3 whites (stiffly whipped) after passing the mixture through the sieve.

TIME.—About 35 minutes. AVERAGE COST, about 1*s*. for this quantity.

FISH, FRICASSÉE OF.

INGREDIENTS.—1 lb. of white fish, ½ pint of milk, ¼ pint of water, 1 oz. of butter, 1 oz. of flour, 1 bay-leaf, 1 blade of mace, 1 pinch of nutmeg, salt and pepper, lemon-juice to taste.

METHOD.—Divide the fish into pieces about 1½ inches square. Put the milk, water, salt and pepper, bay-leaf, mace, and nutmeg into a stewpan, and when warm add the fish. Bring to the boil and simmer for 10 minutes, then take out the bay-leaf and the mace. Have ready the butter and flour kneaded together, add it in small portions to the contents of the stewpan, and stir gently. When the flour is mixed smoothly with the liquor, add lemon-juice and seasoning to taste, and serve.

TIME.—About 30 minutes. AVERAGE COST, 10*d*. SUFFICIENT for 2 or 3 persons. SEASONABLE at any time.

FISH, FRICASSÉE OF (Invalid Dish).

INGREDIENTS.—½ lb. of white fish, ¾ pint of cold water, 1 small blade of mace, 2 or 3 sprigs of parsley, a pinch of grated nutmeg. For the sauce : ½ oz. of butter, ½ oz. of flour, 1 gill of fish stock, ½ gill of milk, 1 teaspoonful of lemon-juice.

METHOD.—Simmer the fish with the mace, parsley, nutmeg, and a little salt in the water until three-quarters cooked, then strain off the liquor and break the fish into flakes. Melt the butter in a stewpan, stir in the flour, add 1 gill of the fish liquor and the milk, and boil for 3 or 4 minutes. Season to taste, add the lemon-juice and fish, make thoroughly hot, and serve. Cooked fish may be used, in which case the fish stock should be prepared from the bones and skin.

TIME.—20 minutes. AVERAGE COST, 6*d*. to 8*d*.

FISH KLOSH (Australian Dish).

INGREDIENTS.—½ lb. of cold trumpeter or other fish, 1 oz. of ham or bacon coarsely chopped, 1 shallot, or 1 small onion finely chopped, 1 oz. of butter, 1 oz. of flour, ¼ pint of milk, 1 egg, ½ pint of anchovy sauce, salt, pepper.

METHOD.—Mince the ham or bacon, and the shallot or onion, and fry in the butter for a few minutes ; stir in the flour, add the milk, and boil gently for five minutes. Mix in the egg, and fish finely flaked, season to taste, spread on a plate, and put aside. When cold, form into small balls, poach in boiling fish stock or water for 5 or 6 minutes, and serve with a little sauce poured over, and the remainder in a sauceboat.

TIME.—Altogether, about 2 hours.

FISH MOULD (An old Dutch Recipe).

INGREDIENTS.—½ lb. of cooked fish coarsely chopped, 1 good teacupful of breadcrumbs, 2 ozs. of butter melted, 2 eggs, 1 teaspoonful of anchovy essence, cayenne, pepper, salt, white sauce, oyster, or other fish sauce.

METHOD.—Mix the fish, breadcrumbs, and a good seasoning of pepper, cayenne, and salt well together, and moisten with the eggs, butter, and anchovy essence. When well mixed, turn into a buttered mould, steam gently for about

1¼ hours, and serve with a little sauce poured round and the remainder in a sauceboat.

TIME.—To cook, about 1¼ hours. AVERAGE COST, 10*d*., exclusive of the sauce. SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

FISH PIE.

INGREDIENTS.—1 lb. of cooked cod or other white fish, 4 ozs. of finely-chopped suet, 2 tablespoonfuls of mashed potato, 2 tablespoonfuls of white breadcrumbs, 2 eggs, ⅓ pint of milk (about), browned breadcrumbs, butter, salt and pepper.

METHOD.—Free the fish from skin and bone and chop it coarsely, add the suet, potato, white breadcrumbs, and a good seasoning of salt and pepper. Now stir in the eggs with as much milk as will form the whole into a stiff batter, and turn the mixture into a well-buttered baking-dish suitable for sending to table. Cover the surface lightly with brown breadcrumbs, and put small bits of butter here and there, and bake in a moderate oven for about 1 hour, or until the mixture is set. Serve hot in the dish in which it is cooked, or if prepared overnight re-heat at the time of serving.

TIME.—To bake, about one hour. AVERAGE COST, 10*d*. SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

FISH PUDDING.

INGREDIENTS.—1 lb. of any kind of white fish, 4 ozs. of finely-chopped suet, 2 ozs. of breadcrumbs, 1 teaspoonful of finely-chopped parsley, ¼ pint of milk, or stock made from fish bones, 2 eggs, a few drops of anchovy essence, salt and pepper.

METHOD.—Free the fish from skin and bones, and pound it well with the suet (when making it without the aid of a mortar, chop the fish finely, and rub it through a fine sieve); add the breadcrumbs, parsley, salt, pepper, anchovy essence, and mix well; beat the eggs slightly, add the milk or fish stock, and stir into the mixture. Have ready a well-greased plain mould or basin, put in the mixture, cover with a greased paper, and steam gently for nearly 1½ hours. Serve with anchovy, egg, or melted butter sauce.

TIME. — Altogether 2 hours. AVERAGE COST, 1*s*. 6*d*. SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

FISH SALAD.

INGREDIENTS.—1 lb. of cooked fish, celery, lettuce, Mayonnaise sauce, hard-boiled egg, salt, pepper.

METHOD.—Skin, bone, and shred some cold fish (almost any kind of white fish or salmon will do), put this in a large mixing bowl, add to it ¼ its quantity of lettuce washed and shredded, also ¼ of white cleaned celery (if in season). Cut the celery into shreds or strips, mix all carefully, adding salt and pepper to taste. Arrange neatly in a salad bowl, and pour over some Mayonnaise dressing. Garnish tastefully with hard-boiled egg cut into slices. When celery is not obtainable, use shredded chicory, endive, or sliced tomatoes.

TIME.—20 minutes. AVERAGE COST, 1*s*. 3*d*. to 1*s*. 6*d*. SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

FISH, SALT, AND PARSNIPS.

INGREDIENTS.—2 lbs. of salt cod, 12 young parsnips, egg sauce.

METHOD.—Wash the fish, and soak it in cold water for 12 hours, or longer if very salt, changing the water every 3 or 4 hours. Cover the fish with cold water, and bring slowly to simmering point, then draw to the side of the stove and cook very gently for 20 minutes, or until the fish leaves the bones. Meanwhile, prepare the sauce according to the directions given. Boil the parsnips, if small cut them lengthwise into 2, or if large, into 4 pieces. Drain the fish well, then place it on a hot dish, pour the sauce over, and garnish with the parsnips.

TIME.—About 40 minutes. AVERAGE COST, cod, 4*d.* to 1*s.* per lb. SUFFICIENT for 4 or 5 persons. SEASONABLE during Lent.

FISH, SALT, WITH CREAM.

INGREDIENTS.—3 or 4 lbs. of salt cod-fish of average size, 1 pint of water, 1 pint of milk, 1½ ozs. of flour, 1½ ozs. of butter, pepper.

METHOD.—Divide the fish into very small fillets, put them into a stewpan with the water and milk, and simmer for ½ an hour. Knead the flour and butter to a smooth paste, put it into the saucepan in very small pieces, and simmer for about 10 minutes, or until the liaison (or thickening) of butter and flour becomes smoothly mixed with the liquid. Add pepper to taste, and serve.

TIME.—40 minutes. AVERAGE COST, sauce, 3½*d.*; cod, from 4*d.* to 1*s.* per lb. SUFFICIENT for 8 or 10 persons. SEASONABLE during Lent.

FISH SAUCE.

INGREDIENTS.—1 quart of malt vinegar, 2 tablespoonfuls of walnut ketchup, 2 tablespoonfuls of soy, 1 oz. of cayenne, 1 clove of garlic, 2 shallots sliced.

METHOD.—Put all the ingredients into a large bottle, and shake them daily for a fortnight. When ready, strain into small bottles, cork securely, and store for use.

TIME.—14 days. AVERAGE COST, 10*d.* to 1*s.*

FISH SCALLOPED.

INGREDIENTS.—The remains of cold fish of any kind, to each ½ lb. of which allow 1½ ozs. of butter, 2 ozs. of flour, ½ pint of milk, 1 teaspoonful of anchovy essence, 1 teaspoonful of walnut ketchup, ½ a teaspoonful of made mustard, salt and pepper, cayenne, breadcrumbs.

METHOD.—Melt the butter in a stewpan, add the flour, and cook for 3 or 4 minutes, then pour in the milk, stir until it boils, and let it simmer slowly for 10 minutes. Meanwhile, separate the fish into large flakes, and when the sauce is ready put them into the stewpan with the anchovy essence, ketchup, mustard, and a liberal seasoning of salt and pepper, and a small pinch of cayenne. Stir over the fire until the mixture is thoroughly hot, then fill the scallop-shells (previously well buttered), cover lightly with breadcrumbs, place on the top of each small pieces of butter, and bake in a hot oven until nicely browned, or brown the surface with a hot salamander.

TIME.—½ an hour. AVERAGE COST, 1*s.* 6*d.*

FISH SOUP.

INGREDIENTS.—1 lb. of whiting, plaice, cod, or other white fish, 1 quart of water, 1 gill of milk, ½ gill of cream, 1 oz. of butter, 1 oz. of flour, 2 yolks of eggs, 3 slices of carrot, ½ a very small onion, 2 or 3 sprigs of parsley, 1 very small blade of mace, ½ a teaspoonful of lemon-juice, salt and pepper.

METHOD.—Cut the fish and its bones into small pieces, place it in a stewpan with the water, carrot, onion, parsley, mace, and a little salt, simmer gently for 20 minutes, then strain. Melt the butter in a stewpan, stir in the flour, add the stock and milk, bring to the boil, stirring meanwhile, and simmer for 4 minutes. Beat the yolks of eggs and cream together, strain them into the soup, stir by the side of the fire for 2 or 3 minutes, but do not allow the soup to boil, or the eggs may curdle. Add the lemon-juice, season to taste, and serve.

TIME.—35 minutes. AVERAGE COST, 1*s.* 2*d.* to 1*s.* 4*d.*

FISH STEW.

INGREDIENTS.—3 or 4 small flounders, plaice, or other white fish, 2 tablespoonfuls of breadcrumbs, 1 teaspoonful of finely-chopped parsley, ⅛ of a teaspoonful of finely-grated lemon-rind, 2 eggs, ½ oz. of butter, 1 small onion chopped, 1 tablespoonful of lemon-juice, mace, ginger, cayenne, pepper and salt.

METHOD.—Clean, wash, and dry the fish, and cut it into neat fillets. Remove the skin and bones from some of the smaller pieces, and coarsely chop the fish, which should fill 2 tablespoons. To this add the breadcrumbs, parsley, lemon-rind, season with salt and pepper, bind with a little beaten egg, and shape into small balls. Melt the butter, fry the onion slightly, add a pinch each of ginger, mace, and cayenne, and a little salt and pepper. Put in the filleted fish, barely cover it with hot water, bring to the boil, then lay the forcemeat balls on the top of the fish. Cover with a greased paper, to keep in the steam, simmer gently for 15 to 20 minutes, then transfer to a hot dish. Strain the liquor over the remainder of the beaten eggs, replace in the stewpan, season to taste, and add the lemon-juice. Stir by the side of the fire until the sauce begins to thicken, taking care that it does not boil, or it may curdle, then pour over the fish, and serve.

TIME.—Altogether, about 1 hour. AVERAGE COST, 1*s.* 3*d.* to 1*s.* 6*d.* SUFFICIENT for 3 persons. SEASONABLE at any time.

FISH STEW (South African Recipe).

INGREDIENTS.—A large sole, or any nice Cape fish, 1 oz. of butter, 1 oz. of flour, 1 medium-sized onion sliced, 2 tablespoonfuls of ketchup, 1 small blade of mace, 2 cloves, salt, pepper, stock, egg and breadcrumbs, fat for frying.

METHOD.—Fillet the fish, trim neatly, chop the trimmings finely, and put them aside. Coat the fillets with egg and breadcrumbs, fry them until nicely browned, also fry the sliced onion, which should preferably be done in a separate frying-pan with very little fat. Place both fish and onion in a cooking vessel with a closely-fitting lid, barely cover with stock, add the ketchup, mace, cloves, and a good seasoning of salt and pepper, cover closely and cook gently for an hour. Knead the butter and flour smoothly together and add it to the contents of the stewpan ½ an hour before serving. Season the chopped trimmings of the fish, moisten them with beaten egg, fry them lightly, and serve as a garnish to the fish.

TIME.—1¾ hours. AVERAGE COST, 2*s.* 6*d.* to 3*s.* SUFFICIENT for 3 persons. SEASONABLE at any time.

FISH STEW, BROWN (Jewish Dish).

INGREDIENTS.—3 lbs. of salmon, mackerel, or any other oily fish, 3 medium-sized sliced onions, 6 ozs.

of golden syrup, 2 pennyworth of gingerbread, ½ pint of cold water, 1½ gills of vinegar, cayenne, salt.

Method.—Cook the onions in the water until barely tender, then add the fish, cayenne and salt to taste. Crumble the gingerbread, pour over it the vinegar, stir until smooth, and add the golden syrup. When the fish is about half cooked add the above mixture, and continue to cook slowly until done, stirring frequently meanwhile. Serve hot or cold.

Time.—About 1 hour. Average Cost, *6d.*, exclusive of the fish. Sufficient for 6 or more persons.

FISH, STEWED (Passover Dish).

Ingredients.—2 or 3 lbs. of white fish, 1 onion finely chopped, 2 tablespoonfuls of oil, 1 pint of water, 1 tablespoonful of finely-chopped parsley, ground ginger, nutmeg, salt and pepper. For the balls: ½ lb. of fish liver (or equal parts of liver and fish) finely chopped, 2 ozs. of bread-crumbs, 1 tablespoonful of finely-chopped parsley, 1 egg, ginger, nutmeg, pepper and salt to taste. For the sauce: the juice of 3 lemons, 2 eggs, a pinch of saffron.

Method.—Cook the onion in the oil without browning, drain off the oil, leave three parts of the onion in the stewpan, and put aside the rest. Mix together the ingredients for the balls, add the onion taken out of the stewpan, ginger, nutmeg, pepper and salt to taste, form into small balls, and roll them lightly in flour. Divide the fish into conveniently shaped pieces, place them in the stewpan, add the water, parsley, and a good sprinkling of ginger, nutmeg, salt and pepper. Lay the balls on the top, cover closely, and stew very gently until the fish is done. Beat the 2 eggs, strain over them the lemon-juice, pour this over the fish a few minutes before serving, and afterwards stir occasionally, but do not let it actually boil, else it will curdle. When ready, transfer the fish to a hot dish and garnish, then place the balls round the base, stir the saffron into the sauce, and serve strained over the fish.

Time. — About 50 minutes. Average Cost, *6d.* to *9d.* per lb Sufficient for 5 or 6 persons. Seasonable at any time.

FISH STOCK.

Ingredients.—2 lbs. of any inexpensive white fish, such as plaice or flounders (the bones and trimmings of fish will serve), 1 onion sliced, a blade of mace, a bouquet-garni (parsley, thyme, bay-leaf), 12 white peppercorns, 1 teaspoonful of salt, 2 quarts of water.

Method.—Put all the ingredients together into a clean stewpan, and simmer gently for 1 hour from the time the stock begins to cook, when all that is desirable will have been extracted. Further cooking sometimes imparts a disagreeably bitter taste to the stock. The stock should be well skimmed, strained, and put into a basin. For thick soups and sauces it is ready for immediate use, but for clear fish stock (which is very rarely used), it would be necessary to clarify it with the whites and shells of eggs, allowing 4 to each quart of stock.

Time.—1 hour. Average Cost, *6d.* per quart. Quantity, about 3 pints of stock.

FISH, TO FRY (Jewish Recipe).

Ingredients.—2 or 3 lbs. of fish (haddock, cod, or whiting), 1 egg, 2 tablespoonfuls of flour, salt, frying-oil, fried parsley.

METHOD.—Wash and dry the fish (bone it if liked), and cut it into pieces convenient for serving. Sprinkle liberally with salt, let it remain for 15 minutes, then dry well on a cloth, and dip it first into flour, and afterwards into beaten egg. Fry in a deep pan of hot oil until nicely browned, or, if more convenient, in a frying-pan containing sufficient oil to half cover the fish, which must be turned when the under side is brown. Drain well, and serve garnished with parsley.

TIME.—To fry the fish, from 6 to 10 minutes, according to its size and thickness. AVERAGE COST, 4*d.* to 8*d.* per lb. Allow 2 lbs. for 5 or 6 persons. SEASONABLE all the year.

FLANNEL CAKES.

INGREDIENTS.—1 quart of milk, 1 tablespoonful of butter, 3 eggs, ¾ lb. of sifted flour, 1 oz. of yeast.

METHOD.—Melt the butter in the milk, and when lukewarm add the eggs, the whites and yolks beaten separately, and stir in the flour. Add the dissolved yeast, beat well, and leave to rise. Then make into cakes, and bake for 15 minutes in a hot oven. This mixture will be very soft, and require very careful handling. The cakes are nice broken open while hot and toasted.

TIME.—¼ of an hour. AVERAGE COST, 10*d.* SUFFICIENT for 1 dozen cakes.

FLAN OF APPLES.

INGREDIENTS.—3 or 4 apples, 1 tablespoonful of moist sugar, 2 tablespoonfuls of sherry, 4 cloves, 2 whites of eggs, castor sugar, ½ lb. flaky or short crust paste.

METHOD.—Peel, core, and cut each apple into 8 sections, place them in a stewpan, add the cloves and sherry, cover closely, stand the stewpan in a tin containing boiling water, and cook until tender, but not sufficiently so as to break easily. Meanwhile, line a 6-inch diameter flan or paste-ring with paste rolled out to about ¼ of an inch in thickness, fill it with rice, placed on an inter-lining of buttered paper, and bake in a quick oven. When done, remove the rice and paper, fill with the apples, arranged in a pyramid, strain the juice (if any) over them, and sprinkle well with sugar. Whip the whites of eggs to a stiff froth, spread it lightly over the apples, dredge well with castor sugar, and bake in a cool oven until lightly browned. Serve either hot or cold.

There are two ways of making a flan without the aid of a ring. The first is by means of a round cake tin. The tin is placed in the centre of the rolled-out paste, which is cut round, leaving a margin of about 1 inch, to be afterwards raised and moulded to the shape of the tin. Before removing the tin a narrow-folded band of greased paper must be pinned lightly round this raised border. In the second method, the bottom is cut out to the required size, and a narrow strip of paste fastened to the edge of it by means of white of egg. A band of paper must support the border, and in both cases the inside should be filled with rice before baking.

TIME.—About 1¼ hours. AVERAGE COST, from 1*s.* to 1*s.* 2*d.* SUFFICIENT for 4 or 5 persons.

FLAN OF PINEAPPLE.

INGREDIENTS.—½ a preserved pineapple, castor sugar, 2 eggs, ½ lb. of flaky or short crust paste.

METHOD.—Prepare and bake the flan as for Flan of Apples. Cut the pineapple into dice and remove all the specks. Strain the syrup, place a ¼ pint of it in a stewpan with a dessertspoonful of sugar, bring to boiling point, and simmer for 3 or 4 minutes. Let it cool slightly, then add the yolks of the eggs, and cook gently by the side of the fire until they thicken, stirring meanwhile. Now place the pineapple in the prepared flan, cover with the custard, and spread the stiffly-whipped whites of eggs on the top. Bake in a moderately cool oven until the meringue hardens and browns slightly. Serve either hot or cold.

TIME.—About 1 hour. AVERAGE COST, about 1*s*. SUFFICIENT for 5 or 6 persons.

FLAN OF STRAWBERRIES.

INGREDIENTS.—1 lb. of strawberries, castor sugar, 2 whites of eggs, ½ lb. of short crust.

METHOD.—Make the flan as directed in the recipe Flan of Apples; when about three-parts baked remove the rice, and fill with strawberries, from which the stalks have been removed. Pile the fruit high in the centre, dredge well with castor sugar, and cover with stiffly-whisked white of egg. Cover the surface lightly with castor sugar, replace in the oven, and bake slowly for about 15 minutes. When the meringue is set, cover with paper to prevent it browning too much before the strawberries are sufficiently cooked. Serve either hot or cold.

TIME.—About 1 hour. AVERAGE COST, 1*s*. 2*d*. to 1*s*. 6*d*. SUFFICIENT for 5 or 6 persons.

Note.—Almost any kind of fruit may be made into a flan; the varieties employed for culinary purposes may be broadly divided into 3 classes, viz., fruit requiring a comparatively large amount of cooking, such as apples, pears, plums; quickly-cooked fruits, like strawberries, raspberries, etc.; and tinned fruits which simply require re-heating. The 3 preceding recipes illustrate methods applicable in each case.

FLATHEAD, BAKED (Australian Dish).

INGREDIENTS.—1 flathead, forcemeat (*see* Forcemeat for Savoury Pies), dripping, anchovy sauce or piquante sauce.

METHOD.—Empty, wash, and dry the fish, make the forcemeat as directed, press it lightly into the opening made in cleaning the fish, which secure by means of string or cotton and a needle. Bake gently from 35 to 45 minutes, basting frequently with hot dripping, and when done, remove the string. Serve the sauce separately. The fish may be trussed in the form of the letter S, and the appearance further improved by a coating of egg and lightly browned breadcrumbs applied before baking.

TIME.—Altogether, about 1 hour.

FLEAD CRUST.

INGREDIENTS.—1 lb. of flour, ½ lb. of flead (the leaf of pork from which lard is made), 1 teaspoonful of baking-powder, ¼ of a teaspoonful of salt, ½ pint of cold water.

METHOD.—Remove any skin there may be, and slice the flead into thin flakes, and mix it with the flour on the paste board. Roll it lightly with the rolling-pin. Place in a basin, add the baking-powder, salt, and sufficient cold water to form a fairly stiff paste. Roll out, and use for meat-pies, etc.

TIME.—10 minutes. AVERAGE COST, 5*d*. SUFFICIENT for 1 large pie.

FLEMISH SOUP.

Ingredients.—2 quarts of stock or water, ½ pint of milk, 2 lbs. of potatoes sliced, ½ head of celery cut into short pieces, 2 onions sliced, 3 ozs. of butter or fat, salt and pepper.

Method.—Heat the butter in a large saucepan, add the prepared vegetables, cover closely, and cook gently for ½ an hour, stirring or shaking the ingredients occasionally. Add the boiling stock or water and a seasoning of salt and pepper, boil gently until the potatoes are soft, then rub the whole through a wire sieve. Re-heat, add the milk, season to taste, make thoroughly hot, and serve.

Time.—From 1½ to 1¾ hours. Average Cost, 8*d.*, exclusive of the stock. Sufficient for 8 persons. Seasonable at any time.

FLOATING ISLAND.

Ingredients.—1 pint of cream, sweetened and stiffly whipped, 2 whites of eggs, 2 or 3 tablespoonfuls of raspberry jam or red-currant jelly.

Method.—Beat up the whites of eggs till stiff, and mix the jam or jelly lightly. Spread the whipped cream lightly at the bottom of a glass dish, and drop tablespoonfuls of the egg mixture on the surface, making each small pile as rocky as possible.

Time.—About ½ an hour. Average Cost, 2*s.* to 2*s.* 3*d.* Sufficient for 1 large dish.

FLOSTER.

Ingredients.—1 gill of sherry, ½ gill of noyeau, 1 oz. of loaf sugar, 3 or 4 thin slices of lemon, 1 bottle of iced soda-water, 1 lump of ice.

Method.—Mix all the ingredients together in a large tumbler, and imbibe through a straw.

FLOUNDERS, BOILED.

Ingredients.—1 medium-sized flounder, salt, vinegar.

Method.—Wash the fish, put it into a fish-kettle, with just sufficient water to cover it, add salt and vinegar to taste, bring gently to the boiling point, and simmer for 5 or 10 minutes, according to the thickness of the fish. Serve with a suitable sauce.

Time.—After the water boils, 5 to 10 minutes. Average Cost, from 6*d.* to 1*s.* 6*d.* Sufficient, 6 ozs. to 8 ozs. per head, with bone. Seasonable all the year; most plentiful from August to November.

FLOUNDERS, BROILED.

Flounders, when sufficiently large, are very nice broiled on a gridiron over or in front of the fire, with a little butter rubbed over. Small plaice cooked in the same manner are excellent.

FLOUNDERS, FRIED.

Ingredients.—Flounders, egg and breadcrumbs, boiling fat, fried parsley.

Method.—Cleanse the fish, and, 2 hours before they are required, rub them inside and out with salt, to render them firm. Wash and wipe them very dry, dip them into egg, and sprinkle over with breadcrumbs, fry them in boiling fat, dish on a folded napkin or fish paper, and garnish with fried parsley.

Time.—To fry, from 10 to 15 minutes, according to size. Average Cost, 3*d.* to 1*s.* each, according to size and season. Allow from 6 ozs. to 8 ozs. per head for breakfast; rather less when served in the fish course of a dinner. SEASONABLE all the year; most plentiful from August to November.

FLOUNDERS, SOUCHET OF.

INGREDIENTS.—3 or 4 flounders, ½ a carrot, ½ a turnip, 1 slice of parsnip, 6 peppercorns, 1 small onion, 1 small bunch of herbs, parsley, salt.

METHOD.—Cut the carrot, turnip, and parsnip into very fine strips, and cook them till tender in slightly salted water or fish stock. Trim the fish, and place it in a deep sauté-pan, with the onion cut up in thin slices, the bunch of herbs and peppercorns, add a little salt, and pour on sufficient water to well cover the fish. Allow it to come to the boil, and cook gently for about 10 minutes. Take up the fish and place it on a deep entrée-dish, sprinkle over the shredded cooked vegetables and some finely-chopped parsley, add a little of the fish liquor, and serve.

TIME.—To cook, 10 minutes. AVERAGE COST, 1*s.* 6*d.* to 2*s.* 6*d.* SUFFICIENT for 4 or 5 persons. SEASONABLE all the year; most plentiful from August to November.

FOIE GRAS TOAST.

INGREDIENTS.—Foie gras, salt and pepper, croûtes of toasted bread.

METHOD.—Slice the foie gras, and stamp it into rounds, the same size as the croûtes. Warm them between two plates over a saucepan of boiling water, place them on the hot croûtes, season with salt and pepper, then serve.

TIME.—20 minutes. AVERAGE COST, 3*d.* each. Allow 1 to each person. SEASONABLE at any time.

FONDANT CREAM.

INGREDIENTS.—2 lbs. of loaf or granulated cane sugar, 1 dessertspoonful of glucose, 1½ gills of water, flavourings, colourings.

METHOD.—Dissolve the sugar in the water, add the glucose, bring to the boil quickly, and boil until the syrup registers 240° ("small ball," *see* Sugar to Boil). Pour on to an oiled or wetted slab, let it cool slightly (for if worked at its greatest heat it will grain), and work it with a spatula, keeping the mass as much as possible together with a scraper held in the left hand. When the paste has become sufficiently cool, knead it well with the hands. When perfectly smooth, divide into 2 or 3 portions, colour, flavour, and knead again separately, and use as required.

FORCEMEAT FOR BAKED FISH.

INGREDIENTS.—3 ozs. of breadcrumbs, 1 teaspoonful of minced savoury herbs, 8 oysters, 2 anchovies (these may be dispensed with), 2 ozs. of suet, salt and pepper, pounded mace to taste, 6 tablespoonfuls of cream or milk, the yolks of 2 eggs.

METHOD.—Beard and mince the oysters, prepare and mix the other ingredients, and blend the whole thoroughly together. Moisten with the cream and eggs, put all into a stewpan, and stir the mixture over the fire till it thickens. Stuff the inside of the fish with the preparation, and sew up the opening.

TIME.—4 or 5 minutes to thicken. AVERAGE COST, 10*d.* SUFFICIENT for a moderate-sized pike.

FORCEMEAT FOR SAVOURY PIES.

INGREDIENTS.—½ lb. of veal finely chopped, ¼ lb. of bacon finely chopped, 2 tablespoonfuls of breadcrumbs, 1 dessertspoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, ¼ of a teaspoonful of finely-grated lemon-rind, 1 egg, nutmeg, salt and pepper.

METHOD.—Mix the veal, bacon, breadcrumbs, parsley, herbs, and lemon-rind well together, and season to taste. Add the egg, which should thoroughly moisten the dry ingredients; if too small to do this, use a little milk or water in addition. Mix well, and use as required.

AVERAGE COST.—10*d.* to 1*s.* SUFFICIENT for 1 large pie.

FORCEMEAT FRITTERS (Vegetarian Dish).

INGREDIENTS.—8 ozs. of soft breadcrumbs, 3 ozs. of butter, 2 eggs, ¼ pint of cream, 1 tablespoonful of chopped parsley, 1 teaspoonful of finely-chopped leek or onion, 1 teaspoonful of finely-chopped or powdered mixed herbs, 2 hard-boiled eggs sliced and fried in oil or butter, salt, pepper.

METHOD.—Rub the butter into the breadcrumbs, add the parsley, leeks, herbs, and a seasoning of salt and pepper. Stir in the eggs and cream, shape into balls, and fry in hot butter or oil in a frying-pan. Serve garnished with the fried slices of egg, and add brown sauce and red-currant jelly.

TIME.—About ½ an hour. AVERAGE COST, 1*s.* 2*d.* SUFFICIENT for 3 or 4 persons.

FOREST PUDDING.

INGREDIENTS.—3 stale sponge cakes, 2 eggs, jam, ¾ pint of milk, the grated rind of ½ a lemon, or other flavouring, sugar.

METHOD.—Slice the sponge cakes thinly, spread half of them with jam, cover with the remainder, and place the sandwiches in a buttered piedish, which they should half fill. Beat the eggs well, add the milk and flavouring, and sweeten to taste. Pour the custard into the piedish, cover, and let it stand for 1 hour, then bake slowly from 30 to 35 minutes. Serve hot.

TIME.—About 1¾ hours. AVERAGE COST, 10*d.* SUFFICIENT for 4 or 5 persons.

FOWL, BOILED.

INGREDIENTS.—1 fowl, 1½ ozs. of butter, 1½ ozs. of flour, ¾ pint of stock, 1 onion, 1 carrot, a bouquet-garni (parsley, thyme, bay-leaf), 6 white peppercorns, salt.

METHOD.—Truss the fowl for boiling. Have ready a saucepan just large enough to contain the fowl, and as much boiling stock or water as will cover it. Rub the breast of the bird with lemon, wrap it in a buttered paper, put it into the saucepan, bring to the boil and skim well. Add the sliced vegetables, bouquet-garni, peppercorns, and salt if necessary, and cook very gently until the fowl is tender. A young fowl should be ready to serve at the end of 1 hour, but an old bird may need twice that length of time. Meanwhile, melt the butter in a stewpan, add the flour, cook for a few minutes without browning, pour in the stock (use some of the liquor in which the fowl was cooked if none other is at hand), and boil up, stirring all the time. Season to taste, and simmer for 10 minutes, or until the fowl is ready. Remove the trussing string, place on a hot dish, pour over the sauce, which must be thick enough to coat it, garnish with chopped truffle, parsley, or hard-boiled yolk of egg, and serve.

TIME.—From 1 to 2 hours, according to age. AVERAGE COST, 3*s.* 3*d.* to 4*s.* 6*d.* SUFFICIENT for 4 or 5 persons.

FOWL, BOILED, WITH OYSTERS.

INGREDIENTS.—1 fowl, 3 dozen oysters, ¾ pint of Béchamel sauce, ½ gill of cream, 1 oz. of butter, the yolks of 2 eggs, 1 blade of mace, salt and pepper.

METHOD.—Beard the oysters, place 2 dozen of them inside the fowl, and truss for boiling. Put the fowl with the mace and butter into an earthenware fireproof stewjar with a close-fitting lid. Place the stewjar in a baking-tin, surround with boiling water, and cook on the stove or in a moderate oven for 2½ hours, or until the fowl is perfectly tender. Blanch the remaining oysters in their liquor, strain the liquor, pour it over the oysters, and put both aside until required. When the fowl is sufficiently cooked, transfer it to a hot dish, strain the liquor and add it to the Béchamel sauce, and, when boiling, stir in the cream and yolks of eggs, previously blended. Continue the stirring and cooking until the sauce thickens, but it must not boil, or the eggs may curdle. Season to taste, pour a little of the sauce over the fowl, add the oysters and their liquor to the remainder, and serve it in a sauceboat.

TIME.—About 3 hours. AVERAGE COST, 7*s.* 6*d.* SUFFICIENT for 4 or 6 persons, according to size.

FOWL, BROILED, WITH MUSHROOM SAUCE

(*See* **Chicken, Grilled, with Mushroom Sauce**).

FOWL, CURRIED

(*See* **Fowl, Hashed, Indian Style**).

FOWL, CURRY OF (Indian Recipe).

INGREDIENTS.—1 fowl, 2 ozs. of ghee or butter, ½ lb. of Kabool chennah or Indian corn, ½ lb. of onions sliced, ½ oz. of green ginger, ½ oz. of coriander seeds, ⅛ of a teaspoonful each of black pepper, ground cinnamon, cloves, and cardamoms, salt.

METHOD.—Cut the fowl into neat joints, place them in a stewpan barely covered with cold water, add the sliced onions, coriander seeds, green ginger, pepper, 1 dessertspoonful of salt, and the Kabool chennah previously well washed, and cook until the fowl is tender. Mix the ground cinnamon, cloves, and cardamoms together, moisten with a little cold stock or water, add the strained liquor from the fowl, stir until it boils, and simmer gently for 20 minutes. Fry the fowl in hot ghee until nicely browned, put it into the stewpan containing the curry sauce, and let it stand for 20 minutes where it will keep hot. Serve with plainly-boiled rice.

TIME.—1½ hours. SUFFICIENT for 3 or 4 persons. COST, 3*s.* 6*d.* to 3*s.* 10*d.*

FOWL, FRICASSÉE OF

(*See* **Chicken Fricasséed**).

FOWL, FRIED, WITH PEAS.

INGREDIENTS.—The remains of 1 or 2 cold roast fowls, 2 ozs. of butter, 1 oz. of flour, ¾ pint of stock, 1 pint of shelled peas, salt and pepper.

METHOD.—Divide the fowl into pieces convenient for serving, and boil the bones and trimmings down for stock. Fry the fowl in hot butter until well browned, then remove and keep it hot, and sprinkle in the flour. Brown slightly, add the stock, stir until boiling, and season to taste. Replace the fowl, cover closely, draw the stewpan aside where the contents will keep hot without cooking, and let it remain for ½ an hour. Meanwhile, boil and drain the peas, and season them with pepper. Serve the fowl arranged in a circle on a hot dish with the sauce strained over and the peas piled in the centre, or, if preferred, serve the peas separately.

TIME.—About 1 hour. AVERAGE COST, about 2*s.* 6*d.* to 2*s.* 9*d.* SEASONABLE from June to September.

FOWL GALANTINE.

INGREDIENTS. — 1 boned fowl, 1 lb. of sausage meat, ¼ lb. of ham or bacon, 2 hard-boiled eggs, 2 truffles, ½ oz. of pistachio nuts blanched, pepper and salt, aromatic spice.

METHOD.—Bone the fowl, cut it down the centre of the back, spread it out on the table, season the flesh well, and distribute it in such a manner that all parts are nearly of equal thickness. Spread on half the sausage meat, on the top place narrow strips of bacon, slices of egg, slices of truffle, intersperse the nuts, season liberally with salt and pepper, and cover with the remainder of the sausage meat. Roll up tightly, fasten securely in a cloth, and simmer gently in stock for about 2 hours. When cooked, tighten the cloth and press between two boards or dishes until cold. Before serving, glaze thickly and garnish with aspic jelly.

TIME.—About 2 hours, to cook the galantine. AVERAGE COST, 5*s.* 6*d.* to 8*s.* 6*d.*, according to size and quality of fowl. SUFFICIENT for 6 or 7 persons.

FOWL, HASHED.

INGREDIENTS.—The remains of cold roast fowls, 1 pint of stock, 1½ ozs. of butter, 1½ ozs. of flour, salt and pepper.

METHOD.—Divide the fowls into neat joints and, when no stock is at hand, simmer the bones and trimmings for at least 1 hour, adding the usual flavouring vegetables. Melt the butter, fry the flour until lightly browned, add the stock, and stir until boiling. Season to taste, put in the pieces of fowl, let the stewpan stand for at least ½ an hour where its contents will keep hot without cooking, then serve with the sauce strained over.

TIME.—About 1 hour. AVERAGE COST, 6*d.* to 9*d.*, in addition to the fowl. SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

FOWL, HASHED (Indian Style).

INGREDIENTS.—The remains of cold roast fowls, ¾ pint of curry, sauce.

METHOD.—Divide the fowls into pieces convenient for serving, and when stock is needed, simmer the bones and trimmings for at least 1 hour in just as much cold water as will cover them. Make the sauce as directed, put in the pieces of fowl, and allow the stewpan to stand for about ½ an hour where its contents will remain just below simmering point. Serve with boiled rice.

TIME.—To re-heat the fowl, about ½ an hour. AVERAGE COST, 9*d.*, in addition to the chicken.

FOWL, INDIAN DISH OF.

INGREDIENTS.—The remains of 1 or 2 cold roast fowls, 2 or 3 small onions sliced, 2 or 3 ozs. of butter, 1 tablespoonful of curry-powder, salt, 1 lemon.

METHOD.—Divide the fowl into neat joints, score them, spread on a little butter, sprinkle on a little salt and the curry-powder, and let stand for about 1 hour. Heat the remainder of the butter, fry the onions brown, then remove and keep hot.

Now fry the pieces of fowl, and when nicely browned, pile them on the onions, and serve garnished with sliced lemon.

TIME.—To fry, altogether, about 30 minutes. AVERAGE COST, exclusive of the fowl, 8*d*. SEASONABLE at any time.

FOWL, RAGOÛT OF.

INGREDIENTS.—1 fowl, ¼ lb. of ham or bacon cut into dice, 2½ ozs. of butter, 1½ ozs. of flour, 1¼ pints of stock, 1 onion finely chopped, salt and pepper.

METHOD.—Divide the fowl into neat joints. Heat the butter in a stewpan, fry the pieces of fowl until nicely browned, then remove and keep it hot. Fry the onion slightly, then sprinkle in the flour, cook slowly until well browned, and add the stock. Stir until boiling, season to taste, replace the fowl, put in the ham or bacon, and cover closely. Cook very gently from 1 to 1½ hours, or until the fowl is tender, then serve with the sauce strained over.

TIME.—About 1½ hours. AVERAGE COST, 4*s*. to 4*s*. 6*d*. SUFFICIENT for 5 or more persons, according to size.

FOWL, ROAST.

INGREDIENTS.—1 tin of roast fowl, 2 or 3 rashers of bacon, gravy, bread sauce, dripping.

METHOD.—Immerse the tin containing the fowl in boiling water, let it become thoroughly hot, then open the tin and remove the bird carefully. Cover the breast with rashers of bacon, baste well with hot dripping, and cook in a brisk oven for 15 to 20 minutes. Serve the bread sauce and gravy separately.

TIME.—About 40 minutes. AVERAGE COST, 3*s*. 6*d*. SUFFICIENT for 4 or 5 persons.

FOWL, ROAST (German Style).

INGREDIENTS.—1 fowl, veal farce, 1 lb. of chestnuts, 1 lb. of sausages, 1 pint of good stock, 1 oz. of butter, 1 oz. of flour, 1 lemon, salt and pepper, butter or fat for basting.

METHOD.—Slit the skins of the chestnuts, throw them into boiling water, cook them for 15 minutes, then remove both skins, and bake until tender. When ready, lay a dozen aside, put the remainder into the body of the bird, and stuff the crop with veal forcemeat. Truss into shape, and roast in front of a clear fire or in a moderately-hot oven for about 1 hour, basting frequently. Meanwhile, melt the butter, fry the flour until lightly browned, then add the stock and stir until boiling. Season to taste, add the remaining 12 chestnuts, and simmer gently for 10 or 15 minutes. Serve garnished with fried sausage and slices of lemon, and send the sauce to table separately.

TIME.—About 1 hour. AVERAGE COST, 4*s*. 6*d*. to 5*s*. SUFFICIENT for 5 or 6 persons. SEASONABLE in winter.

FOWL, ROAST, STUFFED.

INGREDIENTS.—1 fowl, veal forcemeat, bread sauce, gravy, thin slices of bacon.

METHOD.—Press the forcemeat lightly into the crop of the fowl, truss into shape, and roast in front of a clear fire, or in a moderately-hot oven for about 1 hour. Serve garnished with crisply-fried rolls of bacon, and hand round bread sauce and gravy separately.

TIME.—About 1 hour. AVERAGE COST, 3*s*. 9*d*. to 4*s*. 6*d*. SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

FOWL, STEWED, WITH RICE.

Ingredients.—1 fowl, 4 ozs. of rice, 1 quart of stock, 2 or 3 onions, 2 or 3 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, salt and pepper.

Method.—Truss the fowl for boiling, put it into a stewpan, or earthenware stew-casserole, with the cold stock; when it boils add the onions and celery in large pieces, and the herbs and peppercorns tied in muslin. Cover closely, and cook very slowly for 1 hour, then add the rice (previously well washed), salt to taste, and continue the gentle cooking until both fowl and rice are perfectly tender. The rice should absorb nearly all the stock. Before serving, remove the vegetables and herbs, season with salt and pepper, and place the fowl on a hot dish, surrounded by the rice.

Time.—From 1½ to 2 hours. Average Cost, 3*s.* 9*d.* to 4*s.* 6*d.* Sufficient for 5 or 6 persons.

FRENCH GAME PIE.

Ingredients.—¾ lb. of lean veal, ¾ lb. of fresh pork, 1 blackcock, pheasant, partridge, or other game, a slice of bacon, 1 large truffle or truffle trimmings, aromatic spice, salt, paste.

Method.—Chop the meat (veal and pork) finely, or pass it through a mincing machine, season it highly with aromatic spice, salt, etc., and add finely-chopped truffle. Cut the game into neat joints. Line a piedish with the prepared forcemeat; on this place a layer of pieces of game, then a few slices of bacon, and more forcemeat; continue to add these until the piedish is well filled. Moisten with a gill of stock or water, cover with a good paste crust, decorate and egg over, bake in a moderate oven for about 1¼ hours. Serve hot or cold.

Time.—To bake, about 1¼ hours. Average Cost, 4*s.* 6*d.* to 6*s.*

FRENCH HASH.

Ingredients.—½ lb. of Patna rice, 3 ozs. of preserved cherries, 4 ozs. of prunes, 2 lbs. of cold shoulder or leg of mutton, paprika pepper and salt, ¾ pint of Espagnole sauce.

Method.—Boil the rice in a large saucepan with plenty of seasoned water until tender, then drain and dry well. Cut the meat into neat pieces, and put it into the sauce, which must be first made hot. Allow it to simmer very gently for an hour, then add the prunes, previously stewed and stoned, also the cherries and rice. Season carefully with paprika pepper and salt.

Time.—1½ hours. Average Cost, about 2*s.* Sufficient for 5 or 6 persons.

FRIAR'S OMELET.

Ingredients.—4 sour cooking apples, 2 ozs. of breadcrumbs, 2 ozs. of sugar, 1 oz. of butter, 1 egg, ½ a lemon.

Method.—Pare, core, and slice the apples, stew them with the sugar, butter, grated rind and juice of the lemon until tender, then stir in the well-beaten egg. Put half the breadcrumbs at the bottom of a buttered piedish, pour in the apple mixture, and cover with the rest of the breadcrumbs. Add a few bits of butter, and bake for 15 minutes in a moderate oven.

Time.—About 45 minutes. Average Cost, 6*d.* Sufficient for 2 or 3 persons.

FRIMSEL SOUP (Jewish Recipe).

Ingredients.—1 quart of best stock, 1 egg, flour, salt.

Method.—Add a little salt to the egg, and stir in as much flour as possible. Knead well, roll out as thin as a wafer, and divide it into three strips. Put these aside until thoroughly dry, then place the strips one above the other, and shred finely. Then put them into the stock when boiling, simmer from 20 to 25 minutes, remove the scum, and serve.

TIME.—To cook the paste, from 20 to 25 minutes. AVERAGE COST, from 2*d.* to 3*d.*, exclusive of the stock. SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

FRITTERS, POLISH.

INGREDIENTS.—Pancakes, apricot marmalade, breadcrumbs, crushed macaroons, 1 egg, castor sugar, ground cinnamon, frying-fat.

METHOD.—Make the pancakes as directed, spread them with apricot marmalade, and roll up firmly. Trim off the ends, and cut each pancake across in halves. Mix the breadcrumbs and macaroons together, having one-third of the former and one-third of the latter. Coat each piece of pancake carefully with egg, roll in the crumbs, and fry in hot fat until nicely brown. Drain well, sprinkle with cinnamon and castor sugar, and serve.

TIME.—About 1 hour. AVERAGE COST, 10*d.* SUFFICIENT for 4 or 5 persons.

FRITTERS, SAVOURY.

INGREDIENTS.—Cold meat of any description, mashed potato, salt and pepper, frying-batter, frying-fat.

METHOD.—This dish admits of many variations : thin slices of veal and ham put together, underdone beef seasoned with ketchup or Worcester sauce, or mutton with slices of tomato, are generally liked. Whatever meat is used, it must be cut into rounds from 1½ to 1¾ inches in diameter. Season the potato liberally with salt and pepper, and stir it over the fire, adding a little milk gradually until it becomes sufficiently moist to be easily spread. Cover both sides of the prepared rounds with potato, smoothing it with a hot, wet knife. Dip the rounds in batter (or coat them with egg and breadcrumbs if preferred), and fry them in hot fat. If available, use a deep pan of fat for the purpose ; if not, by having a fairly deep layer of fat, and exercising a little care, the fritters may be nicely cooked in a frying-pan.

TIME.—½ an hour. AVERAGE COST, 6*d.* to 8*d.* ALLOW 2 or 3 for each person. SEASONABLE at any time.

FROTHY SAUCE.

INGREDIENTS.—1 wineglassful of sherry, 1 tablespoonful of castor sugar, 1 egg, ¼ pint of boiling milk.

METHOD.—Dissolve the sugar in the boiling milk, and let it cool slightly. Beat the egg and sherry well together, add the hot milk and mix well. Stand the basin in a stewpan of boiling water, whisk briskly until the preparation thickens and becomes very frothy, and serve at once.

TIME.—From 15 to 20 minutes. AVERAGE COST, 5*d.* to 6*d.*

FRUIT BLANCMANGE.

INGREDIENTS. — Cornflour or ground rice blancmange, stewed fruit.

METHOD.—Make the blancmange as directed, and put a good layer at the bottom of large-sized dariol moulds. When set, place in each mould a much smaller dariol, and fill the space between the two with blancmange. Let the smaller dariols remain until the blancmange is firm, then remove them, fill the cavity with stewed fruit, and cover with blancmange. When set, turn out, and serve with custard or whipped cream.

TIME.—About 2 hours. AVERAGE COST, uncertain.

FRUIT CAKE.

INGREDIENTS.—Butter, flour, currants, candied peel, and sugar, each ½ lb., ½ a grated nutmeg, a few chopped almonds, the juice and rind of 1 lemon, 4 eggs.

METHOD.—Beat the butter to a cream, add the eggs one by one, and then the other ingredients, and bake in a paper-lined and greased tin. The oven must not be too hot.

TIME.—1 to 2 hours, to bake. AVERAGE COST, 1*s.* 10*d.*

FRUIT CREAM ICE.

INGREDIENTS.—½ pint of fresh fruit pulp (strawberry, raspberry, currant, or any other fruit preferred), 10 to 12 ozs. of sugar, ½ pint of cream, 1 pint of milk, the juice of 1 lemon, the stiffly-whipped white of 1 egg.

METHOD.—Boil the milk, add the sugar, and put aside until nearly cold. Obtain the pulp by passing the fruit through a fine hair sieve, add the lemon-juice, milk, and the cream stiffly whipped. Partially freeze the preparation before adding the white of egg. The amount of sugar required depends upon the fruit used.

TIME.—About 1 hour. AVERAGE COST, about 2*s.* SUFFICIENT for 10 or 12 persons.

FRUIT, FRESH, TO BOTTLE, WITH SUGAR.

Allow 4 ozs. of preserving sugar to each quart of fruit, and follow the directions given under Damsons, Bottled, and Gooseberries, Bottled.

FRUIT FRITTERS

(*See* **Apple Fritters, Apricot Fritters, Banana Fritters, and Gooseberry Fritters**).

FRUIT MOULDS

(*See* **Jelly with Bananas, Jelly with Fruit, and Jelly with Oranges**).

FRUIT OR JAM TURNOVERS.

INGREDIENTS.—Short crust or puff paste, stewed fruit or jam, castor sugar.

METHOD.—Roll the paste out thinly, and cut it into rounds about 4 inches in diameter. Place a little fruit or jam in the centre of each round, moisten the edges with water, and fold the paste over on three sides in the form of a triangle. Seal the join carefully, turn them over, brush lightly with cold water, and dredge well with castor sugar. Bake in a moderate oven.

TIME.—To bake, about 15 minutes. AVERAGE COST, ½*d.* each.

FRUIT PUDDING.

INGREDIENTS.—Stewed fruit, stale sponge cakes.

METHOD.—Cut the sponge cakes into ½-inch slices, and with them line a pudding basin. Stew the fruit in a jar until tender, sweeten to taste, and pour both fruit and syrup into the basin. Cover with slices of cake, press it down with a plate and weight until cold, then serve with a good custard sauce. For a plain pudding, stale bread may be used instead of the cake.

FRUIT SALAD

(*See* **Compote of Fruit**).

FRUIT, STEWED.

Ingredients.—1 lb. of fruit, 4 ozs. of sugar, $\frac{1}{4}$ pint of water.

Method.—Apples and pears intended for stewing should be peeled, quartered and cored. Gooseberries should have the tops and tails cut off; rhubarb is usually sliced, and if at all old the stringy outer skin is stripped off. Other fruit, such as cherries and plums, should have the stalks removed, but the stones may be taken out or not, as preferred. Bring the water and sugar to the boil, add the fruit, and stew very gently until tender. Or, place the fruit and sugar in a jar, stand the jar in a saucepan of boiling water, and cook until tender.

FRYING BATTER.

Put 4 ozs. of flour and a saltspoonful of salt into a basin, add gradually $\frac{1}{4}$ pint of tepid water and 1 tablespoonful of salad oil or clarified butter, and mix into a smooth batter. If time permits, put it aside for about 1 hour, then just before using stir in lightly two stiffly-whisked whites of eggs.

GAME, ANDOUILETTES OF.

Ingredients.—4 ozs. of finely-chopped cooked game, 2 ozs. of finely-chopped cooked ham, 2 ozs. of butter, 1 dessertspoonful of flour, 3 finely-chopped mushrooms, 1 finely-chopped shallot, 1 teaspoonful of chopped parsley, fried parsley, a pig's caul, meat glaze, $\frac{1}{2}$ gill of stock (about), 1 egg, tomato or piquante sauce, lemon-juice, salt and pepper, nutmeg.

Method.—Heat $\frac{1}{2}$ oz. of butter in a small stewpan, fry the shallot slightly, stir in the flour, and when lightly browned add the stock and boil well. Put in the game, ham, mushrooms, parsley, the yolk of the egg, a few drops of lemon-juice, a pinch of nutmeg, salt and pepper to taste, stir over the fire until well mixed and thoroughly hot, then spread on a plate to cool. Brush the inside of 8 or 9 oval paper cases with butter, and fry sufficient parsley to form little beds for each case. Mould the game preparation into oval or cork-shaped pieces of suitable size, enclose them in pieces of caul, previously washed and well dried, and seal the ends with a little white of egg. Heat the remaining $1\frac{1}{2}$ ozs. of butter in a sauté-pan, fry the andouilettes until nicely browned, then brush over them with warm meat glaze, and place them on the top of the fried parsley in the paper cases. Arrange neatly in an entrée dish, and serve the sauce in a sauceboat.

Time.—About 1 hour altogether. Average Cost, 1*s*. 9*d*. Sufficient for 5 or 6 persons.

GAME CUTLETS

(*See* **Pheasant Cutlets**).

GAME, DEVILLED.

Ingredients.—Cooked game of any kind, oiled butter, brown breadcrumbs, watercress, lemon-juice, cayenne, salt, paprika pepper.

Method.—Remove all the skin and bone, cut the flesh into neat slices, and season rather highly with lemon-juice, cayenne, salt, and paprika pepper. Now coat them well with oiled butter, cover lightly with browned breadcrumbs, and place them in a quick oven until they become thoroughly hot. Arrange them in a circle on a lace-edged dish-paper, fill the centre with watercress seasoned with salt and lemon-juice, and serve as hot as possible.

Time.—20 minutes. Average Cost, 9*d.* to 1*s.* Seasonable from September to February.

GAME, GARNISH FOR.

The usual garnish for roast game consists of watercress and crisply fried potatoes, the latter being usually stamped out into small thin slices, or cut into julienne strips. Mushrooms, truffles, and many other ingredients are used to garnish a salmi of game. (*See* Wild Duck, Salmi of.)

GAME, HASHED

(*See* **Wild Duck, Salmi of**).

GAME IN ASPIC JELLY.

Ingredients. — Cold cooked game, hard-boiled eggs, thin strips of lean cooked ham, aspic jelly.

Method.—Rinse a plain mould with cold water, cover the bottom with a thin layer of liquid aspic, and, when set, decorate with stamped-out pieces of ham and white of egg. Fix the decorations with a little aspic, and as soon as it has stiffened add small pieces of game, previously seasoned and freed from skin and bone. Leave plenty of space to be filled with jelly, and let the jelly covering one layer of game become quite set before adding another. Let the mould remain on ice, or in a cool place until wanted, then turn out and serve.

GAME, MINCE OF, COOKED

(*See* **Chicken, Mince of, Cooked**).

GAME PIE

(*See* **French Game Pie and Raised Pie**).

GAME, POTTED.

Ingredients.—Cooked game of any kind; to each lb. allow 2 or 3 ozs. of butter, salt and pepper, cayenne.

Method.—Free the game from skin and bone, chop it finely, or pass it 2 or 3 times through a mincing machine; pound in the mortar until smooth, moistening gradually with strong game gravy or stock, or, failing this, clarified butter. Season well with salt, pepper, and cayenne, then rub through a fine sieve. Press into small pots, and cover with clarified butter.

GAME, PURÉE OF.

Ingredients.—Cold game, butter, gravy, cream, salt and pepper.

Method.—Remove the bones, and simmer them in a little water for at least 1 hour, when gravy is not at hand. Chop the flesh of the bird finely, pound it in a mortar until smooth, moistening gradually with a little good gravy and oiled butter, and pass through a wire sieve. Season to taste, stir in a little cream, turn the preparation into well buttered scallop-shells, make thoroughly hot, then serve.

GAME, SALMI OF.

Ingredients.—1 tin of partridge or pheasant, ¾ pint of brown sauce, 1 glass of port, salt and pepper, fried croûtons.

Method.—Divide the game into pieces convenient for serving (the trimmings and jelly will provide the stock for the brown sauce). Make the sauce as directed, add to it the game, wine, and seasoning to taste, and, when thoroughly hot, serve garnished with croûtons of fried bread.

Time.—About ½ an hour, after the sauce is made. Average Cost, 2*s.* 6*d.* Sufficient for 4 persons.

GAME SAUCE.

Ingredients.—1 pint of Espagnole sauce, 1 glass of sherry, 1 small onion, ½ a small carrot, ¼ of a small turnip, a bouquet-garni (parsley, thyme, bay-leaf), a blade of mace, 1 clove, salt, pepper, the trimmings and carcasses of game; those of grouse or woodcock are preferable.

Method.—Chop the bones and trimmings of game into small pieces, cut the vegetables into thin slices. Put all these ingredients into a saucepan, add the sherry, herbs, flavourings, and seasoning, and simmer for 5 minutes. Add the Espagnole sauce, bring to the boil, skin, and cook slowly for 15 minutes, pass through a tammy-cloth, re-heat, add salt and pepper if necessary, and serve.

Time.—From 30 to 35 minutes. Average Cost, about 1*s.* to 1*s.* 3*d.*, without the game.

GAME, TO KEEP FROM TAINTING.

In cold, frosty weather, game may be hung for 2 or 3 weeks in an ordinary larder without becoming tainted, but when the atmosphere is warm and damp, great care should be taken to hang it in a well-ventilated place, preferably where there is a current of air. The feathers are a great protection from flies, but it is advisable to apply a good sprinkling of pepper, which usually serves to keep away these pests.

GAME, TO REMOVE TAINT FROM.

As soon as there is the least evidence of taint, remove the feathers and draw the birds, and wash them in water with plenty of salt and a little vinegar. If badly tainted, repeat the process 2 or 3 times, and afterwards rinse in fresh water. Dry thoroughly before cooking. The tainted flavour may be still further removed by putting some fresh powdered charcoal, tied in muslin, inside the crop before cooking, which must be removed before the birds are served. When charcoal is not at hand it may easily be made by placing wood in a hot oven until it is burnt through.

GARIBALDI CREAM.

Ingredients.—Equal quantities of pistachio, strawberry and vanilla cream (*see* recipes for same).

Method.—Place a layer of strawberry cream at the bottom of a mould previously lined with jelly, or rinsed with cold water. Allow it to set, add an equal depth of vanilla cream, and when firm pour over it the pistachio cream. Let it remain on ice until set, and unmould.

Time.—Without ice, 3 to 4 hours. Average Cost, 2*s.* 6*d.* to 3*s.*, according to size.

GARLIC.

The genus *Allium* includes the chive, garlic, leek, onion, and shallot. Of these, garlic possesses the most powerful aroma and flavour. In Spain, Italy, and other parts of the Continent, garlic is highly esteemed, but unless very sparingly used the flavour is disagreeable to the English palate. The root consists of several bulbs called cloves, and sufficient flavour may be added to any dish or salad by simply rubbing the vessel containing it with the end of half of one of these cloves.

GELATINE JELLY.

Ingredients.—1 quart packet of calf's foot gelatine, 5 ozs. of loaf sugar, 2 lemons, the stiffly-whipped whites and crushed shells of 2 eggs, ½ pint of sherry, ½ pint of cold water, 1 pint of boiling water.

METHOD.—Soak the gelatine in the cold water for ½ an hour, then put it into a stewpan with the boiling water, sugar, whites and shells of eggs, thin rind and strained juice of the lemons, and the sherry. Whisk the mixture until it boils, let it stand 10 minutes to clear, then strain through a jelly bag or cloth.

TIME.—About 1 hour. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 1 quart.

GENEVA PUDDING.

INGREDIENTS.—2 lbs. of sour cooking apples, 3 ozs. of rice, 1 oz. of butter, sugar, about 1½ pints of milk, ¼ of a teaspoonful of ground cinnamon, salt.

METHOD.—Wash and drain the rice, place it in a stewpan with 1 pint of milk and a good pinch of salt, cook until tender, adding more milk as required, and sweeten to taste. While the rice is cooking, pare, core, and slice the apples, place them with the butter, cinnamon, and a good tablespoonful of sugar in a jar, stand the jar in a saucepan half full of boiling water, cook until tender, then rub through a fine sieve. Butter a fire-proof china soufflé dish, arrange the rice and apple purée in alternate layers, letting rice form the bottom and top layers, and bake in a moderate oven from 35 to 40 minutes.

TIME.—About 1½ hours. AVERAGE COST, 11*d.* SUFFICIENT for 6 or 7 persons.

GENEVA WAFERS.

INGREDIENTS.—3 ozs. of fine flour, 2 ozs. of castor sugar, 3 ozs. of butter, 2 eggs, vanilla essence, cream, apricot jam.

METHOD.—Cream the butter and sugar well together, beat each egg in separately, add a few drops of vanilla, and stir the flour in as lightly as possible. Put the mixture into a forcing bag with a large plain pipe, force it out on a well-buttered baking-tin in portions that would just fill a teaspoon, and spread out thinly with a hot, wet palette-knife. Bake in a moderate oven until set, then take them out carefully with a palette-knife, and wrap them round buttered cornet tins. Place one inside the other, to keep them in shape, replace in the oven, and bake until lightly browned, turning them frequently in order that all parts may be equally coloured. When cool remove the moulds, partly fill them with stiffly-whipped sweetened cream, add a little jam, and fill the remaining space with cream.

TIME.—About 1½ hours. AVERAGE COST, 1*s.* 9*d.* to 2*s.* SUFFICIENT for 6 or 7 persons.

GENOESE CREAM.

INGREDIENTS.—½ pint of milk, ¼ pint of cream, 2 ozs. of macaroons, 2 ozs. of castor sugar, 1 oz. of mixed glacé fruit shredded, ½ oz. of leaf gelatine, 4 yolks of eggs, the finely-cut rind of ½ an orange, ½ a wineglassful of brandy.

METHOD.—Crush the macaroons and soak them in the brandy. Put the milk, sugar, and orange-rind into a stewpan, boil up, and simmer for 10 minutes, then add the gelatine, the beaten yolks of eggs, and stir by the side of the fire until they thicken and the gelatine is dissolved. Strain over the macaroons and brandy, add the prepared fruit, and when cool stir in the stiffly-whipped cream. Continue the stirring until the mixture is on the point of setting, then turn into the prepared mould. Let it remain on ice or in a cool place until firm.

TIME.—From 35 to 40 minutes. AVERAGE COST, 1*s.* 9*d.* SUFFICIENT for 1 medium-sized mould.

GENOESE PASTRY OR CAKE.

Ingredients.—3 ozs. of fine flour, 4 ozs. of castor sugar, 2 ozs. of butter, 5 eggs.

Method.—Dry and sieve the flour, separate the whites of the eggs from the yolks, to the latter add the sugar, work vigorously until it has a thick creamy appearance, then stir in the butter melted. Whip the whites to a stiff froth, stir in the flour, then mix lightly, but thoroughly, with the contents of the other basin. Pour the mixture into a papered, buttered tin, and bake in a moderately hot oven.

Time.—To prepare and bake, about 1 hour. Average Cost, 8*d.* Sufficient for 1 medium-sized cake.

GENOA CAKE.

Ingredients.—¾ lb. of flour, ½ lb. of butter, ¼ lb. of castor sugar, 2 ozs. of almonds, ½ lb. of sultanas, 2 ozs. of candied peel, 6 eggs, 1 lemon, 1 teaspoonful baking-powder.

Method.—Cream the sugar and butter together, stirring both for about 20 minutes. Add the sultanas (cleaned), the peel cut into shreds, and the eggs one by one. Lastly, add the almonds peeled and chopped, or cut into strips; also the baking-powder, and the grated lemon-rind. Bake in a well-buttered and paper-lined tin for about 1 hour in a moderate oven.

Time.—About 1¾ hours. Average Cost, 1*s.* 11*d.* Sufficient for 1 large or 2 small cakes.

GERMAN CUSTARD SAUCE.

Ingredients.—The yolks of 2 eggs, 1 glass of sherry, 2 or 3 lumps of sugar, the rind of ½ a lemon.

Method.—Rub the sugar on the lemon-rind, then crush, and dissolve in the wine. Put all the ingredients into a small saucepan, and whisk briskly over a slow fire until it forms a thick froth, but take care that it does not curdle. Serve at once.

Time.—From 10 to 15 minutes. Average Cost, 5*d.* to 6*d.*

GERMAN FRITTERS.

Ingredients.—Slices of stale bread, eggs, and to each one add 2 tablespoonfuls of milk and sugar to taste, butter, castor sugar.

Method.—Remove the crust, and cut the bread into inch-wide strips. Soak them in the milk and egg mixture, drain well, and fry them in hot butter. Roll in castor sugar, and serve piled on a hot dish.

Time.—1 hour. Average Cost, 1 good dish, about 6*d.*, including the butter for frying.

GERMAN RICE PUDDING.

Ingredients.—2 ozs. of ground rice, 2 ozs. of butter, 1½ ozs. of sugar, or to taste, ½ pint of milk, 3 eggs, the grated rind of 1 lemon, paste, salt.

Method.—Line and decorate the piedish with the paste as directed in the recipe for Apple Amber. Bring the milk to boiling point, add the sugar, butter, lemon-rind, and a good pinch of salt, sprinkle in the rice, stir until it boils, and cook gently for about 20 minutes, stirring frequently. Let it cool a little, then add the yolks of eggs and 1 white stiffly whisked. Pour the mixture into the prepared piedish, bake in a moderate oven for about 30 minutes, or until set. Meanwhile, whisk the remaining two whites of eggs stiffly, and now pile them on the pudding, and dredge liberally with castor sugar. Replace in the oven until the meringue hardens and acquires a little colour, then serve hot.

TIME.—About 1¼ hours. AVERAGE COST, 10*d.* to 1*s.* SUFFICIENT for 5 or 6 persons.

GERMAN SALAD.

INGREDIENTS.—½ lb. of cold boiled beef shredded, 1 tablespoonful of finely-chopped onion, 1 tablespoonful of coarsely-chopped gherkin, 3 tablespoonfuls of pickled red cabbage, ½ a beetroot sliced, 1 boiled potato sliced. For the salad dressing: ¼ pint of white wine, ¼ pint of salad-oil, 1 tablespoonful of tarragon vinegar. For garnish: 2 hard-boiled eggs.

METHOD.—Beat the oil, wine, and vinegar well together, pour the preparation over the salad mixture, let it remain on ice for 3 or 4 hours, then garnish with sections of egg, and serve.

GESMOORDE HOENDER (Stewed Fowl). (South African Recipe.)

INGREDIENTS.—1 young fowl, 2 large white onions sliced, 1 green chili shredded, 2 ozs. of butter, nutmeg, salt, pepper.

METHOD.—Divide the fowl into neat joints, fry them lightly in the butter, remove and keep them hot. Fry the onion until lightly browned, replace the fowl, add rather more than ¼ pint of water, a good pinch of nutmeg, and salt and pepper to taste. Simmer gently for 1 hour, and a few minutes before serving stir in the chili.

TIME.—About 1½ hours. AVERAGE COST, 3*s.* 6*d.* to 4*s.* SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

GIBLET PIE.

INGREDIENTS.—1 set of goose giblets, 1 lb. of rump steak, 1 onion, a bouquet-garni (parsley, thyme, bay-leaf), puff, flaky, or rough paste, salt, pepper.

METHOD.—Wash the giblets, put them into a stewpan with the onion sliced, bouquet-garni, peppercorns, ½ a teaspoonful of salt, cover with cold water, and simmer gently from 1½ to 2 hours. Cut the steak into small thin slices, put a layer of them at the bottom of a piedish, add the giblets and the remainder of the steak in alternate layers, and season well. Strain the stock, season to taste, pour over the meat to about ¾ its depth, and add the remainder when the pie is baked. Cover with paste, bake in a brisk oven for about ½ an hour, then reduce the temperature, and continue the cooking for about 45 minutes longer. The appearance of the pie may be improved by brushing it over with yolk of egg either before baking or when it is three-parts done. Before serving, pour in the remainder of the hot stock.

TIME.—To bake, from 1¼ to 1½ hours. AVERAGE COST, 2*s.*, exclusive of the giblets. SUFFICIENT for 5 or 6 persons.

GIBLET SOUP.

INGREDIENTS.—The giblets of a goose, turkey, ducks, or chickens, to one set allow 1 lb. of lean beef and 3 pints of stock or 2 pints of water, ½ a carrot, 1 small onion, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), 1 oz. of butter, 1 dessertspoonful of flour, ½ a glass of sherry, salt, pepper, 1 tablespoonful of macaroni, cooked and cut across into tiny rings.

METHOD.—Skin the gizzard, scald and skin the feet, wash the neck and liver, dry and cut into small pieces. Melt the butter and fry the giblets, meat, and sliced vegetables until brown, then add the stock, herbs, salt and pepper, and when boiling skim well. Cook gently for 2 hours then strain and return to the stewpan. When boiling, mix the sherry and the flour smoothly together, and add to the soup, also the macaroni and any necessary seasoning, simmer a few minutes longer, and serve.

Time.—2¾ to 3 hours. Cost, exclusive of the giblets and stock, 1*s.* to 1*s.* 2*d.* Seasonable at any time. Sufficient for 5 or 6 persons.

GIBLETS, CAPILOTADE OF.

Ingredients. — Cooked giblets, to which may be added slices of any kind of cold poultry or meat, 1 large onion shredded, 1 carrot thinly sliced, 2 tablespoonfuls of coarsely-chopped mushrooms, preferably fresh ones, salad-oil, ½ pint of good stock, 1 dessertspoonful of flour, salt and pepper.

Method.—Put 4 or 5 tablespoonfuls of oil or an equal quantity of butter into a stewpan, and when it is thoroughly hot add the onion, carrot, and mushrooms. Sprinkle in the flour, cook gently for about ½ an hour, then add the stock, and stir until boiling. Season to taste, put in the giblets, make thoroughly hot, and serve. In Italy, white wine is used instead of stock.

Time.—To re-heat the giblets, about 20 minutes. Average Cost, 1*s.* 4*d.* to 1*s.* 8*d.* Sufficient for 4 or 5 persons. Seasonable from September to February.

GIBLETS, STEWED.

Ingredients.—1 set of goose giblets, ¾ pint of stock, 1 oz. of butter, 1 oz. of flour, salt and pepper.

Method.—Prepare the giblets as directed in the recipe, wash them, cover them with stock and water, and stew them until tender. Remove the liver, neck, and tendons, as soon as these are sufficiently cooked, and continue to stew the gizzard until it can be easily pierced with a fork. Meanwhile, heat the butter in a stewpan, fry the flour brown, and, when ready, remove the giblets, and strain ¾ pint of the stock on to the flour and butter. Stir until boiling, season to taste, put in the giblets, and when thoroughly hot, serve.

Time.—About 2 hours. Average Cost, 11*d.* to 1*s.* 3*d.* Sufficient for 3 or 4 persons. Seasonable, September to February.

GINGER.

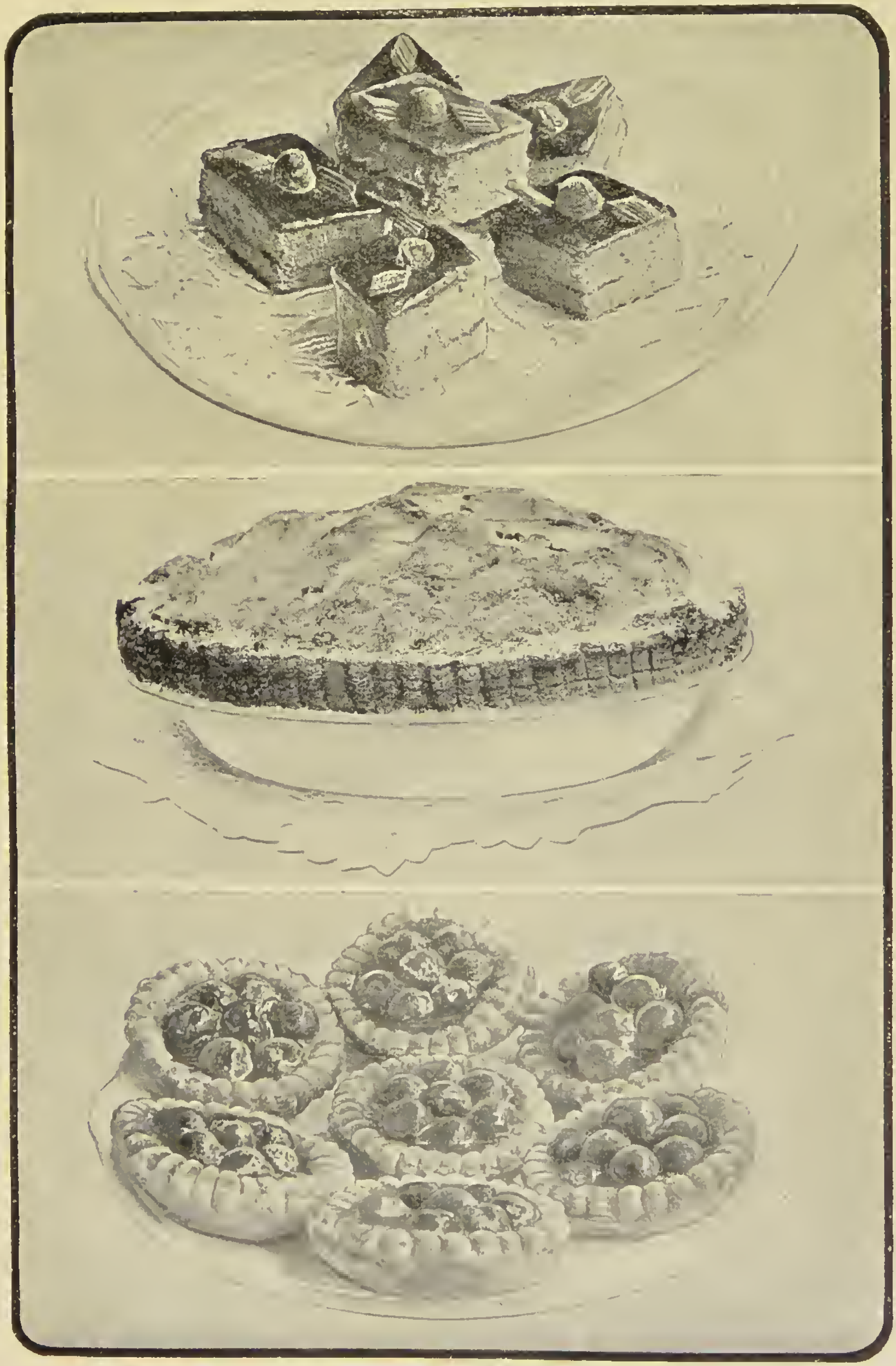
Ginger is the tuber of a perennial plant called *Zingiber officinale,* growing chiefly in the West Indies. There are two varieties, the white and the black. The former is considered the better, and is prepared by washing and scalding the tubers, and then scraping them and drying them in the sun: in the black ginger the scraping process is omitted, it being merely scalded before being dried. Ginger is much used in culinary operations; grated green ginger is deemed by epicures to be an important item in a dish of curry.

GINGER BEER.

Ingredients.—5 quarts of boiling water, 1¼ lbs. of sugar, 1 oz. of whole ginger bruised, 2 lemons, ¼ oz. of cream of tartar, 1 good tablespoonful of brewer's yeast.

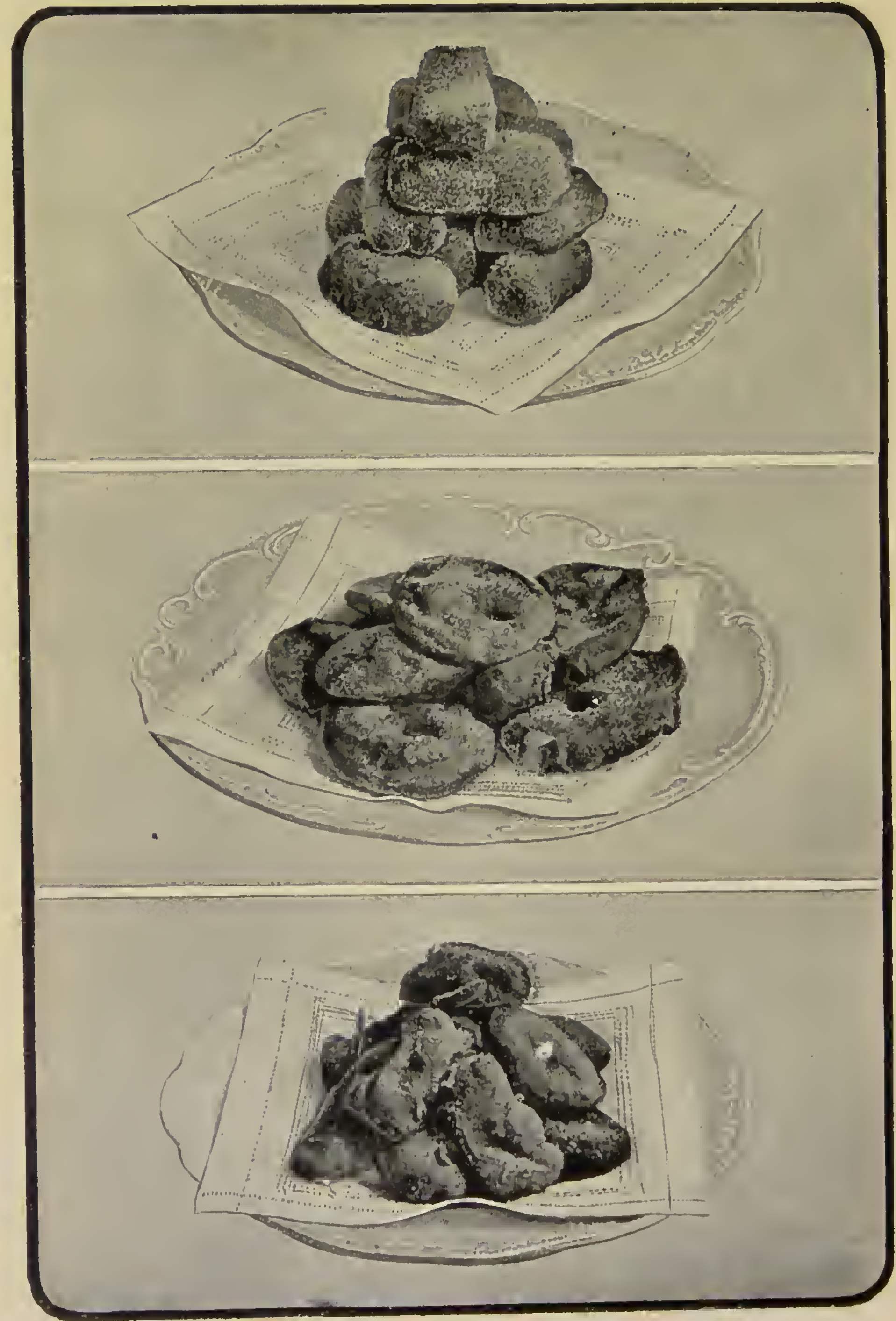
Method.—Remove the rinds of the lemons as thinly as possible, strip off every particle of white pith, cut the lemons into thin slices, removing the pips. Put the sliced lemon into an earthenware bowl with the sugar, ginger, and cream of tartar, and pour in the boiling water. Allow it to stand until milk-warm, then stir in the yeast and let the bowl remain in a moderately warm place for 24 hours. Skim the

SWEETS. No. 3.



1. Sweet Pastry. 2. Gooseberry Tart. 3. Cherry Tartlets.

SWEET FRITTERS.



1. Rice Fritters. 2. Apple Fritters. 3. Banana Fritters.

yeast off the top, strain the ginger-beer carefully from the sediment, bottle, tie the corks down securely, and in 2 days it will be ready for use.

GINGER BISCUITS.

INGREDIENTS.—1 lb. of flour, ½ lb. of fresh butter, ½ lb. of castor sugar, ¾ oz. of ground ginger, 2 eggs.

METHOD.—Rub the butter and ginger into the flour on the board, make a "bay" or hole, break in the eggs, and wet up into a nice workable paste, using a little milk if necessary. Roll down in thin sheets, and cut out with a plain round cutter, set them on to a greased baking-sheet, and bake in a cool oven.

TIME.—5 minutes, to bake. AVERAGE COST, 1*s.* 2*d.* SUFFICIENT to make 4 dozen biscuits. SEASONABLE in winter.

GINGER BRANDY.

INGREDIENTS.—2 ozs. of Jamaica ginger, 1 quart of brandy, ½ pint of water, 1 lb. of sugar, 2 ozs. of juniper berries (mixed black and white).

METHOD.—Crush finely the ginger and juniper berries, put them into a wide-necked bottle, and pour in the brandy. Cork securely, let the bottle stand in a warm place for 3 days, shaking it 3 or 4 times daily. On the third day boil the sugar and water to a thick syrup, and when cool add to it the brandy, which must previously be strained through fine muslin or filtering paper until quite clear. When quite cold, bottle, cork securely, and store for use.

GINGER CREAM.

INGREDIENTS.—½ pint of cream, ¼ pint of milk, 2 tablespoonfuls of ginger syrup, 1 tablespoonful of castor sugar, 2 ozs. of preserved ginger, ¾ oz. of leaf gelatine, the yolks of 3 eggs.

METHOD.—Beat the yolks of eggs, add them to the milk when nearly boiling, stir until they thicken, add the sugar, and set aside to cool. Dissolve the gelatine in a tablespoonful of water, mix with it the ginger syrup, the ginger cut into dice, and pour into the custard. Whip the cream stiffly, and when cool stir it lightly into the custard. Turn into the prepared mould, and stand on ice or in a cold place until required.

TIME.—About ½ an hour. AVERAGE COST, 1*s.* 8*d* to. 2*s.* SUFFICIENT for 1 medium-sized mould.

GINGER ICE CREAM.

INGREDIENTS.—1½ pints of custard (*see* Custard for Cream Ices), 3 ozs. of preserved ginger, 1 teaspoonful of ginger syrup.

METHOD.—Make the custard according to the recipe selected. Cut the ginger into small dice, stir it with the syrup into the custard and freeze in the usual way.

TIME.—From 30 to 40 minutes. AVERAGE COST, 1*s.* to 1*s.* 3*d.* SUFFICIENT for 7 or 8 persons.

GINGER PUDDING.

INGREDIENTS.—12 ozs. of flour, 12 ozs. of treacle, 6 ozs. of finely-chopped suet, 1 teaspoonful of ground ginger, 1 teaspoonful of baking-powder, ¼ pint of milk, salt.

METHOD.—Mix the flour, suet, ginger, baking-powder, and a good pinch of salt well together. Stir in the treacle and milk, turn the mixture into a well-greased basin, and cover with a greased paper. Steam for about 2 hours, and serve with custard or cornflour sauce or sweet melted butter.

TIME.—2½ hours. AVERAGE COST 8*d.* SUFFICIENT for 6 or 7 persons.

GINGER SAUCE.

Ingredients.—1 teaspoonful of ground ginger, 4 tablespoonfuls of castor sugar, 2 or 3 strips of lemon-rind, 1 tablespoonful of lemon-juice, 2 tablespoonfuls of brandy or wine, ½ pint of water.

Method.—Put the ginger, sugar, lemon-rind, and water into a stewpan, and simmer the ingredients gently for 15 minutes. Strain, return to the stewpan, add the brandy and lemon-juice, re-heat and serve

Time.—About 20 minutes. Average Cost, 5*d.* to 6*d.*

GINGER TOFFEE.

Ingredients.—2 lbs. of Demerara sugar, 1 oz. of ground ginger, ½ pint of water.

Method.—Dissolve the sugar in the water, bring gently to boiling point, stirring occasionally in the early part of the process, and continuously when nearing boiling point. When the syrup has reached the "ball" degree (*see* Sugar to Boil), add the ginger, replace on the fire, stir until it begins to thicken, then pour into a tin lined with well-buttered paper. When cold, cut into diamonds and squares.

GINGER WATER ICE.

Ingredients.—4 ozs. of preserved ginger, a little of the syrup in which it is preserved, 1 pint of syrup (*see* Syrup for Water Ices), the stiffly-whipped white of 1 egg, the strained juice of 2 lemons and 1 orange, the rind of 1 orange, 3 or 4 lumps of sugar.

Method.—Pound the ginger finely, adding gradually a little of its syrup, and press the whole through a fine sieve. Rub the sugar on the orange-rind, add the sugar to the ginger, together with the syrup, lemon, and orange juices, and 3 tablespoonfuls of cold water. Boil up, strain, and, when cold, freeze in the usual way, adding the white of egg when the mixture is about half frozen.

Time.—About 1 hour. Average Cost, about 1*s.* Sufficient for 6 or 7 persons.

GINGER WINE.

Ingredients.—3 gallons of cold water, 9 lbs. of loaf sugar, ¼ lb. of whole ginger bruised, ¼ lb. of raisins, the strained juice and finely-pared rinds of 4 lemons, a good tablespoonful of brewer's yeast.

Method.—Stone and halve the raisins, put them into a large preserving pan, or perfectly clean copper, with the water, sugar, and ginger, bruised; boil for 1 hour, skimming frequently. Turn the whole into a large earthenware bowl or wooden tub, allow the liquid to stand until milk-warm, then stir in the yeast. On the following day put the preparation into a clean, dry cask, add the lemon-juice, and bung lightly. Stir the wine every day for a fortnight, then tighten the bung. Let the wine remain undisturbed for 3 or 4 months, when it may be bottled for use.

GINGERBREAD NUTS.

Ingredients.—1 lb. of treacle, ¼ lb. of butter, 1 lb. of coarse brown sugar, 2 ozs. of ground ginger, 1 oz. of candied orange-peel, 1 oz. of candied angelica, ½ oz. of candied lemon-peel, ½ oz. of coriander seeds, ¼ oz. of caraway seeds, 1 egg, flour.

Method.—Put the treacle into a basin, and pour over it the butter, melted so that it does not oil, the sugar and ginger. Stir these ingredients well together, and while mixing add the candied peel, cut into very small pieces, but not bruised, and the caraway and coriander seeds, which should be pounded. Having mixed all thoroughly together, break in an egg, and work the whole up with as much fine flour as may be necessary to form a firm paste. Make this into nuts of any size, put them on a baking-tin, and place them in a slow oven from a ¼ to ½ an hour.

Time.—¼ to ½ an hour. Average Cost, 1*s.* 2*d.* Sufficient for 3 to 4 dozen nuts.

GINGERBREAD PUDDING.

Ingredients.—½ lb. of flour, ¼ lb. of finely-chopped suet, ½ lb. of treacle, 1 egg, 1 teaspoonful of baking-powder, 1 teaspoonful of ground ginger, ¼ pint of milk, salt.

Method.—Mix the flour, suet, ginger, baking-powder, and a good pinch of salt well together. Add the milk, treacle, and well-beaten egg, mix thoroughly, then turn into a well greased mould or basin, and steam from 2 to 3½ hours. Serve with a suitable sauce.

Time.—3 to 3½ hours. Average Cost, 7*d.* Sufficient for 5 or 6 persons.

GINGERBREAD PUDDING (Another Method).

Ingredients.—½ lb. of flour, ½ lb. of treacle, 2 ozs. of butter, 1 teaspoonful of baking-powder, ½ a teaspoonful of ground ginger, 1 egg, salt.

Method. — Mix the baking-powder and ginger with the flour, rub in the butter, add the treacle and the egg, well beaten, and mix all together; flour a pudding cloth, put in the mixture, and boil for 1½ hours. Serve with butter sauce.

Time.—2 hours. Average Cost, 6*d.* to 7*d.* Sufficient for 2 or 3 persons.

GINGERBREAD, THICK.

Ingredients.—1 lb. of treacle, ¼ lb. of butter, ¼ lb. of coarse brown sugar, 1½ lbs. of flour, 1 oz. of ginger, ½ oz. of ground allspice, 1 teaspoonful of carbonate of soda, ¼ pint of warm water, 3 eggs.

Method.—Put the flour into a basin with the sugar, ginger, and allspice; mix these together; warm the butter, and add it with the treacle to the other ingredients. Stir well; make the water just warm, dissolve the carbonate of soda in it, and mix the whole into a nice smooth dough with the eggs, which should be previously well whisked; pour the mixture into a buttered tin, and bake it from ¾ to 1 hour, or longer should the gingerbread be very thick. Just before it is done, brush the top over with the yolk of an egg beaten up with a little milk, and put it back in the oven to finish baking.

Time.—¾ to 1 hour. Average Cost, 1*s.* 4*d.*

GINGERBREAD, WHITE.

Ingredients.—1 lb. of flour, ½ lb. of butter, ½ lb. of castor sugar, the rind of 1 lemon, 1 oz. of ground ginger, 1 nutmeg grated, ¼ of a teaspoonful of carbonate of ammonia, 1 gill of milk.

Method.—Rub the butter into the flour, add the sugar and minced lemon-rind, ginger, and nutmeg. Mix these ingredients well together, make the milk just warm, stir in the ammonia, which should be in fine powder, and work the whole into a nice smooth paste. Roll it out with the rolling-pin, cut it into cakes, place these on to clean greased baking tins, and bake in a moderate oven from 15 to 20 minutes.

Time.—15 to 20 minutes. Average Cost, 1*s.* 3*d.*

GLAZED APPLES.

Ingredients.—Small apples of equal size, lemon-juice, syrup (*see* Syrup for Water Ices), apricot jam or marmalade, red-currant jelly, strips of angelica, sugar.

Method.—Pare and core the apples, and simmer them very gently in water to which sugar to taste and a little lemon-juice has been added. Drain well, pour over them a little syrup, and cover closely. When cold, coat the apples with apricot marmalade, fill the cavities from which the cores were removed with jelly, and decorate tastefully with strips or leaves of angelica.

Time.—From 3 to 3½ hours. Average Cost, 2½*d.* each. Allow 1 to each person.

GOLDEN BEANS
(*See* **Lima Beans**).

GOLDEN BUCK.

Ingredients.—¼ lb. of Cheshire or Cheddar cheese (preferably the former), 2 or 3 tablespoonfuls of ale, ½ a teaspoonful of Worcester or other cruet sauce, ½ a teaspoonful of lemon-juice, 2 eggs, celery-salt, Krona pepper, toast, butter.

Method.—Chop the cheese finely, put it into a stewpan with ½ oz. of butter and the ale, and stir vigorously until creamy, then add the Worcester sauce, lemon-juice, and the eggs previously beaten. Season to taste with celery-salt and Krona pepper, and continue stirring briskly until the mixture thickens. Trim the toast, butter well, cut each slice into 4 squares, arrange them compactly on a hot dish, and pour the preparation on to them. Serve as hot as possible.

Time.—10 minutes. Average Cost, 7*d.* Sufficient for 6 or 7 persons. Seasonable at any time.

GOLDEN JELLY.

Ingredients.—1 quart of lemon, wine, or other clear jelly, 2 to 3 gold leaves.

Method.—Break the gold leaves into small pieces, stir them into the jelly when on the point of setting, and pour into a mould as the jelly commences to set.

Time.—40 minutes. Average Cost, 1*s.* 9*d.* to 2*s.* 9*d.* Sufficient for 1 quart.

GOLDEN PUDDING.

Ingredients.—4 ozs. of breadcrumbs, 4 ozs. of finely-chopped suet, 4 ozs. of marmalade, 2 ozs. of sugar, 2 eggs, milk, salt.

Method.—Mix the breadcrumbs suet, sugar, and a good pinch of salt well together. Beat the eggs well, add the marmalade and milk, stir into the dry ingredients, and when well mixed turn into a greased mould or basin. Cover with a greased paper, steam from 2 to 2¼ hours, and serve with cornflour, marmalade, or other suitable sauce.

Time.—From 2½ to 2¾ hours. Average Cost, 8*d.* Sufficient for 4 or 5 persons.

GOOSE, GREEN, TO DRESS A.

Ingredients.—1 goose, 3 ozs. of butter, pepper and salt to taste.

Method.—Geese are called green until they are about 4 months old, and should not be stuffed. After the goose has been singed and trussed, put into the body a seasoning of pepper and salt, and the butter to moisten it inside. Roast before a clear fire for about ¾ of an hour, allow it to brown nicely, and serve with a brown gravy, and, when liked, gooseberry sauce. This dish should be garnished with watercresses.

TIME.—About an hour. AVERAGE COST, 4*s*. 6*d*. each. SUFFICIENT for 5 or 6 persons. SEASONABLE August to November.

GOOSE HAMS.

INGREDIENTS.—1 large goose, ¼ oz. of saltpetre, 2 ozs. of common salt, 1 oz. of coarse sugar.

METHOD.—Split the goose down the back, and rub in the saltpetre, salt, and sugar. Let it lie in pickle 12 days in summer, 14 in winter. Rub and turn it regularly every day, then roll it in sawdust and smoke it.

TIME.—12 to 14 days. AVERAGE COST, 9*d*. to 1*s*. per lb.

GOOSE, HASHED.

INGREDIENTS.—Remains of roast goose, 2 ozs. of butter, 1 oz. of flour, 1 pint of stock, 2 finely-chopped onions, 6 button mushrooms or a few fresh ones, 2 cloves, 1 blade of mace, 6 allspice, salt and pepper, croûtons of fried bread, apple sauce.

METHOD.—Cut the remains of the goose into neat pieces. Fry the onions in the butter; when turning brown add the flour, stir over the fire until it acquires a nut-brown colour, then add the stock, and boil for 10 minutes. Add the goose, mushrooms, spices wrapped in muslin, and simmer very gently for ¾ of an hour. Arrange the pieces of goose neatly on a hot dish, remove the spices, season the sauce to taste, and pour it over. Garnish with croûtons of fried bread, and serve with apple sauce.

TIME.—About 1¼ hours. AVERAGE COST, 8*d*., exclusive of the goose. SEASONABLE from September to February.

GOOSE, ROAST.

INGREDIENTS.—1 goose, onion stuffing, ¾ pint of good beef stock or gravy, apple sauce, fat for basting.

METHOD.—Prepare and truss the goose, put the onion forcemeat inside the body, baste it well with hot fat, and either roast or bake from 2 to 2½ hours, according to size and age. Baste frequently, and if the surface is not well browned dredge with flour when the bird is three-quarters cooked. Remove the trussing string, serve on a hot dish, and send the gravy and apple sauce to table in sauce-boats.

TIME.—From 2 to 2½ hours. AVERAGE COST, from 6*s*. to 12*s*., according to size. SUFFICIENT for 10 or more persons, according to size. SEASONABLE from September to February.

GOOSEBERRIES, BOTTLED.

INGREDIENTS.—Firm, sound, unripe green gooseberries.

METHOD.—Head and tail the gooseberries, put them into wide-necked glass bottles, and wrap a little hay or straw round each bottle. Put a thin layer of the same on the bottom of a large boiling-pot, stand the bottles on the top of it, and surround them to at least three-quarters of their depth with cold water. Bring the water slowly to boiling point, then remove the pan from the fire, but allow the bottles to remain in it until the gooseberries begin to rise in them. Now add to each one a little boiling water, cork with new corks, and cover the bottles with bladder. Place them on their sides in a cool, dry place. When using the fruit, sugar or syrup must be added according to taste.

TIME.—Altogether, about 1 hour. AVERAGE COST, 2*d*. per pint.

GOOSEBERRIES, COMPOTE OF

(*See* **Compote of Fruit, and Stewed Fruit**).

GOOSEBERRY AND CURRANT JAM.

Ingredients.—6 lbs. of red, hairy gooseberries, 4 lbs. of preserving sugar, ½ pint of currant juice (*see* Red Currant Jelly).

Method.—Head and tail the gooseberries, put them into a preserving-pan, and allow them to stand by the side of the fire until some of the juice is extracted. Bring to boiling point; when the gooseberries have boiled for 10 minutes add the sugar gradually, put in the red-currant juice, and boil until the jam sets when tested on a cold plate. The scum must be removed as it rises, and the jam should be well stirred towards the end of the boiling process. When ready pour into pots, cover closely, and store in a cool, dry place.

Time.—From 1¾ to 2 hours. Average Cost, 5*d.* to 6*d.* per lb.

GOOSEBERRY CHARLOTTE.

Ingredients.—Gooseberry cream, finger biscuits, sponge cake, or Génoise.

Method.—Line a plain charlotte mould with the biscuits or slices of the cake, cutting them to fit both the bottom and sides of the mould, carefully. Make the cream as directed; when on the point of setting turn it into the prepared mould, and set on ice until firm.

Time.—About 1½ hours. Average Cost, 3*s.* to 3*s.* 6*d.* Sufficient for 6 or 7 persons. Seasonable, May to August.

GOOSEBERRY CREAM.

Ingredients.—½ pint of gooseberry purée, 1 teaspoonful of lemon juice, vanilla cream, spinach greening.

Method.—Cook the gooseberries in a stewjar until tender, pass them through a hair sieve, and sweeten to taste. Make the cream as directed, but omit the vanilla flavouring. Add to it the gooseberry purée with a few drops of spinach colouring, and pour into a prepared mould.

Time.—From 1¼ to 1½ hours. Average Cost, 2*s.* to 2*s.* 9*d.* Sufficient for 6 or 7 persons.

GOOSEBERRY FOOL.

Ingredients.—1 quart of green gooseberries, ¼ lb. of loaf sugar, 1 pint of cream, ½ pint of water.

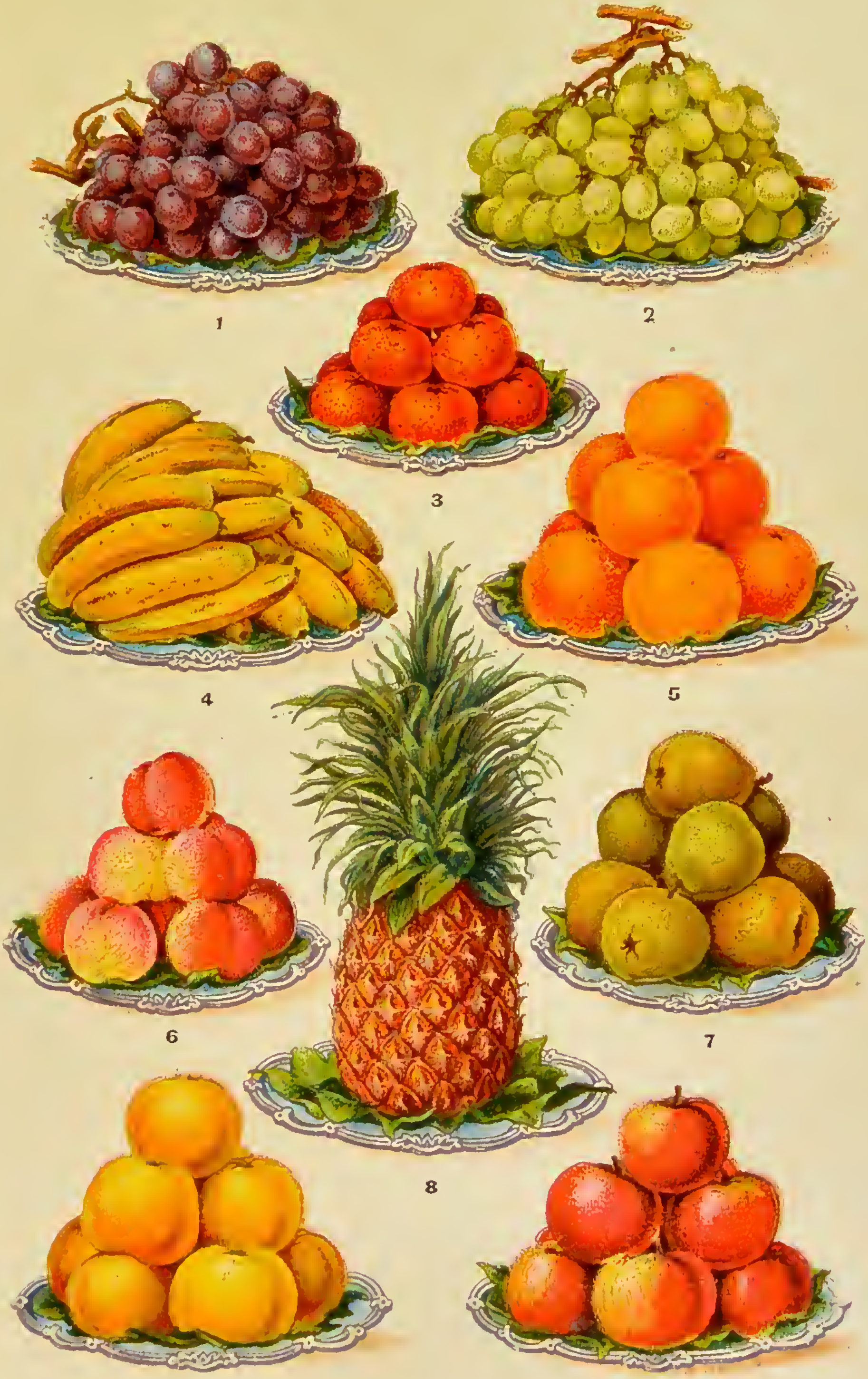
Method.—Top and tail the gooseberries, cook them until tender with the water and sugar in a jar placed in a saucepan of boiling water. Rub them through a hair sieve, add more sugar if necessary, and let the pulp become quite cold. Whip the cream stiffly, and stir it into the preparation a few minutes before serving. Send to table in custard-glasses or in 1 large dish.

Time.—From 1¼ to 1½ hours. Average Cost, 2*s.* 3*d.* to 2*s.* 6*d.* Sufficient for 6 or 7 persons. Seasonable from May to August.

GOOSEBERRY FRITTERS.

Ingredients.—1 pint of large gooseberries, frying-fat. For the batter: 2 ozs. of flour, 1 white of egg, 2 yolks of eggs, 2 tablespoonfuls of cream, 2 tablespoonfuls of water, a pinch of salt.

Method.—Sift the flour into a basin and add the salt, then the yolks of eggs, cream, and water gradually, thus forming a smooth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FRUIT—1 Black Grapes. 2 Muscat Grapes. 3 Tangerines. 4 Bananas. 5 Oranges. 6 Peaches. 7 Pears. 8 Pineapple. 9 and 10 Apples.

batter. Let it stand for at least 1 hour, stir the stiffly-whisked white of egg, and put in the gooseberries. Take up 2 or 3 at a time by means of a tablespoon, lower them gradually into the hot fat, and withdraw the spoon without separating them. Fry a golden-brown, drain well, sprinkle with sugar, dish up, and serve.

Time.—About 1¼ hours, altogether. Average Cost, 8*d*. Sufficient for 6 or 7 persons.

GOOSEBERRY JAM.

Ingredients.—Equal weights of green gooseberries and preserving sugar. To 7 lbs. of fruit allow 1 pint of cold water.

Method.—Head and tail the gooseberries. Put the sugar and water into a preserving-pan, let it stand by the side of the fire until the sugar is dissolved, then add the fruit. Bring slowly to boiling point, stirring occasionally, then boil slowly until the syrup readily stiffens when tested on a cold plate; this will be when the jam has boiled for about 40 minutes. Pour the jam into jars, cover it at once with paper brushed over with white of egg, and keep it in a cool, dry place.

Time.—About 1¾ hours. Average Cost, 4*d*. per lb.

GOOSEBERRY JELLY.

Ingredients.—1 lb. of gooseberries, 3 ozs. of castor sugar, or to taste, ¾ oz. of leaf gelatine, the finely-cut rind of 1 lemon, ½ pint of water.

Method.—Cut off the tops and tails of the gooseberries, put them into a stewpan with the sugar, water, and lemon-rind, simmer until tender, and rub through a hair sieve. Dissolve the gelatine in 2 tablespoonfuls of cold water, and strain it into the mixture. Turn into a mould previously rinsed with cold water, and put aside in a cold place until set and firm.

Time.—About 1 hour. Average Cost, 5*d*. or 6*d*. Sufficient for 1 medium-sized mould. Seasonable from April to July.

GOOSEBERRY JELLY (Another Method).

Ingredients.—To each pint of gooseberries allow ½ pint of water; to each pint of juice obtained from these add 1 lb. of either loaf or preserving sugar.

Method.—Put the fruit and water into a preserving-pan, and boil slowly until reduced to a pulp. Strain through a jelly-bag of fine cloth until clear, then put it into the preserving-pan with the sugar, and boil until it will set when a little is poured on a cold plate. Turn into small pots, cover with paper brushed over with white of egg, fasten securely down so as to completely exclude the air, and store the jelly in a cool, dry place.

Time.—About 2 hours. Average Cost, 7*d*. or 8*d*. per lb.

GOOSEBERRY PUDDING, BAKED.

Ingredients.—1½ pints of gooseberries, ½ pint of breadcrumbs, 2 ozs. of sugar, or to taste, 1½ ozs. of butter, 3 eggs, short crust paste.

Method.—Cut off the tops and tails of the gooseberries, cook them until tender in a jar placed in a saucepan containing boiling water, then rub through a fine sieve. Add to the gooseberry purée the breadcrumbs, butter, sugar, and the eggs well beaten. Have ready a piedish with the edge lined with paste, pour in the preparation, bake for about 40 minutes, or until set, then dredge well with castor sugar, and serve hot.

TIME.—About 2 hours. AVERAGE COST, 1*s*. SUFFICIENT for 4 or 5 persons.

GOOSEBERRY PUDDING, BOILED (*See* Damson Pudding).

GOOSEBERRY SAUCE.

INGREDIENTS.—1 pint of green gooseberries, ¼ pint of milk, 2 ozs. of butter, 1 oz. of flour, 2 ozs. of sugar, nutmeg.

METHOD.—Barely cover the bottom of a saucepan with water, put in the gooseberries and cook slowly until tender, then rub through a fine sieve. Melt the butter in a saucepan, stir in the flour and cook well, add the milk and stir until it boils. Add the gooseberry purée and the sugar, make hot, and serve.

TIME.—About 1 hour. AVERAGE COST, 4½*d*. to 5*d*. for this quantity.

GOOSEBERRY TART.

INGREDIENTS.—1½ pints of gooseberries, ¼ lb. of short crust, ¼ lb. of moist sugar.

METHOD.—With a pair of scissors cut off the tops and tails of the gooseberries; put them into a deep piedish, pile the fruit high in the centre, and put in the sugar; line the edge of the dish with short crust, put on the cover, and ornament the edges of the tart; bake in a good oven for about ¾ of an hour, and before serving dredge with castor sugar.

TIME.—To bake, about ¾ of an hour. AVERAGE COST, 10*d*. SUFFICIENT for 5 or 6 persons.

GOOSEBERRY TRIFLE.

INGREDIENTS.—2 lbs. of green gooseberries, 6 ozs. of sugar, ⅓ pint of cream, ½ pint of custard, 3 sponge cakes, 1 oz. of almonds.

METHOD.—Stew the gooseberries with the sugar and 4 tablespoonfuls of water in a jar until tender, then rub through a fine sieve. Divide each sponge cake into 3 or 4 slices, place them in a deep dish, cover with the gooseberry pulp, pour over the warm custard, and allow the preparation to become perfectly cold. When ready to serve whip the cream stiffly, spread it lightly over the entire surface, sprinkle with almonds, previously blanched, shredded, and baked golden-brown, and serve.

TIME.—About 2 hours. AVERAGE COST, 1*s*. 9*d*. to 2*s*. SUFFICIENT for 6 or 7 persons. SEASONABLE from May to August.

GOOSEBERRY VINEGAR.

INGREDIENTS.—14 lbs. of ripe green gooseberries, 12 lbs. of sugar, 6 gallons of water.

METHOD.—Bruise the gooseberries in a bowl or tub, and pour over them the water, which must previously be boiled and allowed to cool. Let them remain for 3 days, stirring frequently, then strain, add the sugar, and when dissolved pour the whole into a clean, dry cask. Bung loosely until fermentation has ceased, then tighten the bung, and let the cask remain in a dry, moderately warm place for 9 months. At the end of this time rack the vinegar into clean, dry bottles, store for 3 or 4 months longer, then use.

GOOSEBERRY WINE.

INGREDIENTS. — Firm green gooseberries. To each lb. of fruit allow 2 pints of cold water. To each gallon of juice obtained from the fruit allow 3 lbs. of loaf sugar, ½ pint of good gin, 4 ozs. of isinglass.

METHOD.—Top and tail the gooseberries, bruise them thoroughly.

pour over them the cold water, and let them stand for about 4 days, stirring frequently. Strain through a jelly-bag or fine hair sieve, dissolve the sugar in the liquid, add the gin and isinglass dissolved in a little warm water, and pour the whole into a cask. Bung loosely until fermentation has ceased, then tighten the bung, and let the cask remain undisturbed for at least 6 months. At the end of this time the wine may be bottled, but it will not be ready for use for at least 12 months.

GOSLING, ROAST
(*See* **Goose, Green, To Dress**).

GRAHAM BREAD (American Recipe).

INGREDIENTS.—1 quart of Graham flour, 1 quartern of ordinary flour, ½ a cupful of molasses, ½ a cupful of liquid yeast (or 1 oz. of compressed yeast), 1 level tablespoonful of salt, about 1¾ pints of warm water.

METHOD.—Mix the Graham and ordinary flour and the salt together, add the molasses, yeast, and water, and beat well for 20 minutes. Cover the bowl, let the dough remain undisturbed all night, and in the morning shape it into 2 or 3 loaves. Let them rise to nearly double their original size, then bake in a fairly hot oven for about 1½ hours. The dough is so soft that it cannot be moulded, but it may be made into rolls by means of French roll pans.

TIME.—To bake, about 1½ hours. AVERAGE COST, 10*d.* SUFFICIENT for 2 loaves. SEASONABLE at any time.

GRAHAM GRIDDLE CAKES (American Recipe).

INGREDIENTS.—1 cupful of Graham flour, 1 cupful of ordinary flour, 2 eggs, 1 pint of sour milk (or sweet milk and 2 teaspoonfuls of cream of tartar), 1 teaspoonful of carbonate of soda, ½ a teaspoonful of salt, 1 tablespoonful of sugar, 2 tablespoonfuls of oiled butter.

METHOD.—Dissolve the carbonate of soda in a little warm water. Mix the Graham and ordinary flour, salt, sugar (and cream of tartar, if used) together. Beat the eggs, add the butter, milk, and dissolved soda, mix with the flour, and beat or knead until smooth. Fry on the griddle and serve hot.

TIME.—To bake each cake, about 10 minutes. AVERAGE COST, 10*d.* to 11*d.* SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

GRAMMA PIE OR TART (Australian Dish).

INGREDIENTS.—2 lbs. of grammas, ½ lb. of sugar, ¼ lb. of currants, 1 dessertspoonful of lemon-juice, flaky or short crust paste.

METHOD.—Remove the peel and seeds, cut the fruit into small pieces, place in a stewpan with 3 or 4 tablespoonfuls of cold water and the lemon-juice. Cook gently until soft, add the currants and sugar, and turn the whole into a piedish. Cover with paste, bake in a moderately hot oven, and serve either hot or cold. Custard or junket will be found an agreeable addition.

TIME.—About 2 hours. AVERAGE COST, about 1*s.*

GRANADILLA CREAM (Australian Dish).

INGREDIENTS.—1 granadilla, ½ pint of cream, 2 ozs. of gelatine, 1 tablespoonful of castor sugar, 1 teaspoonful of lemon-juice (about).

METHOD.—Extract the juice and pulp from the granadilla, and to it add the sugar and lemon-juice, let the whole remain covered in a basin for about 40 minutes, then pass through a fine sieve. Whip the cream stiffly, and stir it lightly into the fruit pulp. Dissolve the gelatine in a little hot water, strain, and stir it into the preparation. Turn into a mould, and keep on ice or in a cool place until firm.

Time.—About 2 hours. Average Cost, 1*s.* 3*d.*

GRAPE JAM (South African Recipe).

Ingredients.—6 lbs. of grapes, 2 lbs. of cooking apples pared and sliced, 3 lbs. of preserving sugar, 2 pints of water.

Method.—Remove the grapes from the stalks, and prick them with a darning needle. Boil the sugar and water to a syrup (*see* Sugar to Boil), and put in the grapes and apples, and boil gently until a little of the syrup quickly jellies when poured on to a cold plate. Turn into pots, cover quickly, and store in a dry place.

Time.—About 2 hours. Average Cost, 3*s.* Sufficient for 8 lbs. of jam. Seasonable when grapes are nearly ripe.

GRAPE JELLY.

Ingredients.—1½ pints of wine jelly or gelatine jelly, black grapes.

Method.—Arrange the grapes and jelly in alternate layers, and, if liked, intersperse shredded almonds and strips of pistachio kernels.

Time.—1 hour. Average Cost, from 2*s.* to 2*s.* 6*d.* Sufficient for about 1¾ pints.

GRAPE WINE.

Ingredients.—Sound, not over-ripe grapes; to each lb. allow 1 quart of cold water. Add to each gallon of liquid obtained from the grapes 3 lbs. of loaf sugar, ¼ pint of French brandy, ¼ oz. of isinglass.

Method.—Strip the grapes from the stalks, put them into a wooden tub or earthenware bowl, and bruise them well. Pour over them the water, let them stand for 3 days, stirring frequently, then strain through a jelly-bag or fine hair sieve. Dissolve the sugar in the liquid, then pour the whole into a cask. Bung lightly for a few days until fermentation subsides, then add the isinglass dissolved in a little warm water, and the brandy, and tighten the bung. Let the cask remain undisturbed for 6 months, then rack the wine off into bottles, cork and seal them securely, and keep for at least a year before using.

GRATIN SAUCE.

Ingredients.—½ pint of Espagnole sauce, 1 glass of sherry, ½ oz. of glaze, 1 tablespoonful of finely-chopped parsley, 5 or 6 button mushrooms (fresh if possible), 2 shallots or 1 very small onion finely chopped, 1 teaspoonful of anchovy essence.

Method.—Cut the mushrooms into small pieces, put them into a saucepan with the sherry, glaze, parsley, and shallots, and simmer until considerably reduced. Add the sauce and anchovy essence, cook for 5 minutes, and serve.

Time.—From 25 to 30 minutes. Average Cost, 1*s.* 4*d.* to 1*s.* 6*d.*

GRAVY (Quickly made).

Ingredients.—¾ pint of water, ½ lb. of shin of beef, ½ oz. of butter, ½ an onion, ¼ of a carrot, salt and pepper.

Method.—Cut the meat and vegetables into small pieces and fry them brown in the butter. Add the water, salt and pepper, and simmer for ½ an hour. Strain, season, and serve. The meat and vegetables should afterwards be put into the stock-pot, or with more water added to them may be cooked until all their goodness is extracted.

TIME.—From 40 to 45 minutes. AVERAGE COST, about 5*d*. QUANTITY, about ½ pint.

GRAVY FOR GAME.

INGREDIENTS.—Bones and trimmings of game, sufficient cold water to cover them, a bay-leaf, 1 clove, 6 peppercorns, a sprig of thyme, a small piece of onion, 1 oz. of butter (or less if making a small quantity).

METHOD.—Cut up the trimmings and break the bones into small pieces. Melt the butter, add the bones and meat, and the rest of the ingredients, cover with water, simmer for 3 hours, then strain, season, and use as required.

TIME.—3¼ hours. AVERAGE COST, 1½*d*. without the bones and trimmings.

GRAVY FOR HASHES, etc.

INGREDIENTS.—Bones and trimmings of the joint to be hashed, sufficient water to cover the bones, 1 small onion, 1 strip of celery, ½ a small carrot, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper. Measure the gravy when made, and to each ½ pint allow ½ oz. of butter, and a dessertspoonful of flour.

METHOD.—Break the bones into small pieces and slice the vegetables. Put them into a saucepan, add the trimmings of the meat, water, bouquet garni, salt and pepper, simmer for 2 hours, then strain. Melt the butter in a stewpan, add the flour, and fry brown. Put in the gravy, stir until it boils, season to taste, and use as required. A little ketchup, Harvey, or other sauce may be added if liked.

TIME.—About 2½ hours. AVERAGE COST, 1½*d*. per pint, exclusive of bones and trimmings.

GRAVY FOR ROAST HARE, etc.

INGREDIENTS.—1 quart of water, ½ lb. of skirt of beef, ½ lb. of milt (ox spleen), 1 oz. of butter, 1 oz. of flour, 1 onion, 2 cloves, salt and pepper.

METHOD.—Cut the meat and milt into small pieces, put them into a stewpan, or earthenware stewjar, add the water, onion, cloves, salt and pepper, and cook gently for 3 or 4 hours, then strain. Melt the butter in a stewpan, stir in the flour and brown it, add the gravy, stir until it boils, season to taste, and serve.

TIME.—4 to 5 hours. AVERAGE COST, about 6*d*. QUANTITY, about 1 pint.

GRAVY SOUP.

INGREDIENTS.—3 pints of second stock or gravy stock, 1 lb. of neck or shin of beef (lean), 1 carrot, 1 onion, ½ a turnip, 1 strip of celery, bouquet-garni (parsley, thyme, bay-leaf), 8 peppercorns, 2 cloves, 1 oz. of butter, 1 oz. of flour, salt and pepper.

METHOD.—Cut the meat into small pieces. Make the butter hot in the stewpan, put in the meat and sliced vegetables, and fry until brown. Add the stock, herbs, peppercorns, cloves, and seasoning, and cook very gently for 2½ to 3 hours, strain, return to the saucepan, boil up, mix the flour smoothly with a little cold stock, pour it into the soup, simmer 5 minutes longer, add seasoning to taste, and serve.

TIME.—3½ to 4 hours. AVERAGE COST, 10*d*. to 1*s*. without the stock. SEASONABLE at any time. SUFFICIENT for 4 persons.

GRAVY SOUP (Vegetarian).

INGREDIENTS.—1 quart of vegetable stock, 2 tablespoonfuls of sherry, 1 tablespoonful of mushroom ketchup, 1 teaspoonful of walnut ketchup, 1 teaspoonful of arrowroot, browning, salt and pepper.

Method.—Make the stock as directed, and if at all cloudy clear it with the whites and shells of 2 eggs. Mix the ketchup and arrowroot smoothly together, stir it into the stock, season to taste, add a few drops of browning and the sherry. Simmer and stir for 3 or 4 minutes, then serve garnished with shredded vegetables, cooked macaroni, vermicelli, pâtes d'Italie, perles de Nizam, or small egg balls (*see* Clear Soup).

Time.—10 minutes, after the stock is made. Average Cost, 5*d.* or 6*d.*, in addition to the garnish. Sufficient for 4 or 5 persons.

GRAVY STOCK.

Chop up, rather small, some bones from roast meat, fry them till brown in a pan with a little dripping ; pour off all the fat, and add enough stock or water to cover the bones. Season with salt and pepper, and boil for ½ an hour. Strain and use as required.

GRAVY WITHOUT MEAT.

Ingredients.—½ an onion, 1 small carrot, ½ oz. of dripping, ½ pint of water, 1 teaspoonful of any kind of vegetable extract.

Method.—Cut up the onion and carrot into slices, fry both in dripping. When nicely browned add the water and extract. Boil up, season with salt and pepper, and cook for 10 minutes. Skim well, and strain.

Time.—25 minutes. Average Cost, 4*d.* Quantity, ½ a pint.

GRAYLING, BAKED.

Ingredients.—2 medium-sized grayling, ⅓ pint of melted butter, butter for basting.

Method.—Empty, wash, and scale the fish. Dry it well, place it in a baking-dish in which a little butter has been previously melted, and baste well. Season with salt and pepper, cover with a greased paper, and bake gently from 25 to 35 minutes, basting occasionally. Make the melted butter as directed, taking care that it is very thick, and a few minutes before serving strain and add the liquor from the fish. Place the fish on a hot dish, strain the sauce over, then serve.

Time.—From 25 to 35 minutes. Average Cost, uncertain. Sufficient for 4 persons. Seasonable in July and August.

GRAYLING, BROILED.

Ingredients.—4 small grayling, lemon-juice, salad-oil, salt and pepper.

Method.—Empty, scale, wash, and thoroughly dry the fish. Brush it over with salad-oil, sprinkle with salt and pepper, and broil over a clear fire until sufficiently cooked and nicely browned. Serve garnished with quarters of lemon.

Time.—About 10 minutes. Average Cost, uncertain. Sufficient for 4 persons. Seasonable in July and August.

GRAYLING, FRIED.

Ingredients.—4 small grayling, parsley sauce, egg, breadcrumbs, frying-fat, flour, salt and pepper.

Method.—Empty, scale, wash, and dry the fish, remove the gills and fins, but leave the heads. Roll in flour seasoned with salt and pepper, coat carefully with egg and breadcrumbs, and fry in hot fat until nicely browned. Serve with parsley and butter sauce, or any other sauce preferred.

TIME.—To fry, 8 or 9 minutes. AVERAGE COST, uncertain. SUFFICIENT for 4 persons. SEASONABLE in July and August.

GREEN FIG COMPOTE.

INGREDIENTS.—1 pint of green figs (tinned ones will serve), ½ lb. of loaf sugar, ¾ pint of water, 1 dessert-spoonful of lemon-juice, finely-grated rind of 1 lemon.

METHOD.—Boil the water, sugar, and lemon-rind for 20 minutes, add the figs, and simmer very gently until tender. Remove very carefully, add the lemon-juice to the syrup, strain it over the figs, and, when cold, serve. Dried figs may be prepared in the same way.

GREEN FIG JAM (Australian Recipe).

INGREDIENTS.—To 2 lbs. of figs allow 1½ lbs. of sugar, ½ pint of water, the juice of 1 lemon.

METHOD.—Boil the water, sugar, and lemon juice together for 10 minutes, then wipe and slice the fruit, and add it to the syrup. Boil gently for about 1 hour, or until a little of the syrup poured on to a cold plate quickly jellies. Turn into pots, cover quickly, and store in a dry place.

TIME.—To boil the jam, about 1 hour. AVERAGE COST, 4*d.* to 5*d.* per lb.

GREENGAGE JAM.

INGREDIENTS. — Firm, sound greengages. To each lb. allow ¾ lb. of preserving sugar.

METHOD.—Remove the stalks and stones, crack a few of the latter, and put the kernels aside. Cover the bottom of a preserving-pan to the depth of ½ an inch with cold water, put in the fruit and kernels, bring slowly to boiling point, and boil gently for 15 minutes. Meanwhile, the sugar should have been placed in the oven in a deep tin or dish, and allowed to become thoroughly hot. It may now be added gradually to the fruit, and the boiling must be continued until the jam sets quickly when tested on a cold plate. Pour into pots, cover with paper brushed over with white of egg, and store in a cool, dry place.

TIME.—From 1 to 1¼ hours. AVERAGE COST, 8*d.* per lb.

GREENGAGE PUDDING

(*See* **Damson Pudding**).

GREENGAGES, COMPOTE OF

(*See* **Compote of Fruit and Stewed Fruit**).

GREENGAGES PRESERVED IN SYRUP.

INGREDIENTS.—To each lb. of fruit allow 1 lb. of either loaf or preserving sugar, and ¼ pint of water.

METHOD.—Proceed exactly as in the recipe for Greengage Jam, with the exception of removing the stones before putting the fruit into the syrup. Boil the fruit for 10 minutes on 3 consecutive days, adding on the last day half the kernels, which should be previously blanched. Throughout the whole process the scum must be carefully removed as it rises, otherwise the syrup will not be clear.

TIME. — Altogether, 3 days. AVERAGE COST, about 6*d.* to 8*d* per lb.

GREEN PEA AND BEAN SALAD.

INGREDIENTS.—Cooked green peas, cooked French beans, 1 small cooked beetroot, 2 hard-boiled eggs, ½ a teaspoonful of finely-chopped parsley, a clove of garlic, salad-dressing.

Method.—For this salad preserved peas and beans may be used. When using fresh ones, boil them separately in slightly salted water containing a small piece of soda; drain well, and, when cold, cut the beans into 1 inch lengths. Cut the clove of garlic in two, and rub the inside of the salad bowl with the cut side. Mix the peas and beans with 2 or 3 saladspoonfuls of dressing and a seasoning of salt and pepper, garnish with rings of hard-boiled egg and slices of beetroot, sprinkle the parsley over, and serve.

GREEN PEA SOUP.

Ingredients.—2 pints of white stock, ½ pint of water, 1 quart of peas (shelled), a handful of spinach (to improve the colour), a little mint, 2 ozs. of butter, 1 dessertspoonful of flour, salt and pepper.

Method.—Melt 1 oz. of butter in a stewpan, put in the peas, spinach, and mint, put on the cover, and let them steam in the butter for 15 or 20 minutes. Add the stock and water, and some of the pea-shells if young and soft (they should, of course, be first washed in cold water), boil quickly until tender, strain and rub the vegetables through a fine sieve. Melt the remainder of the butter in the stewpan, sprinkle in the flour, add the stock and purée, and stir until boiling. Season to taste, and serve with croûtons of fried bread. If preferred, a few cooked green peas and a little cream may be added to the soup before serving.

Time.—1¼ to 1½ hours. Average Cost, 1*s.* 9*d.* to 2*s.* Seasonable from June to September. Sufficient for 6 persons.

GREEN TOMATO PRESERVE (South African Recipe).

Ingredients.—6 lbs. of green tomatoes, 8 lbs. of preserving sugar, 4 lemons, 2½ doz. peach leaves, 3 pieces of ginger, 3 tablespoonfuls of brandy.

Method.—Cover the tomatoes with water, put in the peach leaves, and boil very gently until the tomatoes are quite soft, but unbroken. Drain the water into another pan, add to it the sugar, and boil to a syrup (*see* Sugar to Boil). Strain, when cold replace in the pan, put in the thinly-pared lemon-rind and ginger tied together in muslin, the lemon-juice and the tomatoes. Boil gently until a little of the syrup jellies quickly when poured on to a cold plate, then stir in the brandy. Turn into pot, cover at once, and store in a dry place.

Time.—Altogether, 6 or 7 hours. Average Cost, 6*s.* Sufficient for 12 lbs. of jam. Seasonable when tomatoes are green.

GREENS, YOUNG, TO DRESS (*See* Brussels Sprouts, Boiled).

GRIDDLE BREAD (American Recipe).

Ingredients.—1½ pints of flour, 1¼ pints of warm water (about), 2 tablespoonfuls of oiled butter, 2 heaped teaspoonfuls of baking-powder, 1 level teaspoonful of salt, 1 egg.

Method.—Mix the flour, baking-powder, and salt together. Beat the eggs, add the butter and water to them, and mix with the flour. Knead well, adding a little more water should the dough be too stiff. Form at once into cakes, and cook on the griddle.

Time.—To cook each cake, about 10 minutes. Average Cost, 7*d.* to 8*d.* Sufficient for 5 or 6 persons. Seasonable at any time.

GRIMSLICHS (Jewish Recipe).

Ingredients.—2 motzas (Passover cake), 4 ozs. of meal (motza), 2 ozs. of ground almonds, 2 ozs. of stoned raisins, 2 ozs. of sultanas, 4 ozs. of brown sugar, 2 eggs, cinnamon, nutmeg, frying-oil.

Method.—Soak the motzas while the rest of the ingredients are being prepared, then squeeze them dry, and stir in the meal and 1 egg. Beat the remaining egg, and add to it the almonds, raisins, sultanas, sugar, and a little cinnamon and nutmeg. Take up a little of the motza paste with a spoon, form it into an oval shape, add a little of the fruit mixture, and cover with paste. Smooth it carefully, roll lightly in the motza meal, and fry in hot oil until nicely browned. Serve with fruit syrup.

Time.—To fry the Grimslichs, from 8 to 10 minutes. Average Cost, 10*d*. Sufficient for 4 or 5 persons.

GROUND RICE BLANCMANGE.

Ingredients.—1½ ozs. of ground rice, 1½ ozs. of castor sugar, 1 pint of milk, vanilla-pod, lemon-rind, or other flavouring.

Method.—Mix the ground rice smoothly with a little milk, boil the remainder with the vanilla-pod or lemon-rind, and let it infuse for a few minutes. Strain on to the blended rice, stirring meanwhile; replace in the stewpan, and simmer gently for 10 minutes. Now add the sugar, and pour into a wet mould.

Time.—About ½ an hour. Average Cost, 4*d*. Sufficient for 4 or 5 persons.

GROUND RICE PUDDING.

Ingredients.—3 ozs. of ground rice, 1 tablespoonful of sugar, or to taste, 1 oz. of butter, 2 eggs, 1 pint of milk, bay-leaf, vanilla, or other flavouring.

Method.—Boil the milk, sprinkle in the ground rice, simmer gently for 20 minutes, then stir in the sugar, butter, and eggs. If bay-leaf or vanilla-pod is the flavouring ingredient, it should be cooked in the milk; if essence is used, it is better to add it just before baking the mixture. Turn into a buttered piedish, and bake gently for about ½ an hour.

Time.—About 1 hour. Average Cost, 6*d*. Sufficient for 3 or 4 persons.

GROUSE PIE.

Ingredients.—2 grouse, ¾ lb. of rump steak, ½ pint of good stock, 2 or 3 slices of streaky bacon, 2 hard-boiled eggs, salt and pepper, puff paste.

Method.—Cut the birds into neat joints and remove the lower parts of the back, which if allowed to remain would impart a bitter flavour to the pie. Cut the steak into small thin slices, the bacon into narrow strips, and the eggs into sections or thin slices. Line the bottom of a piedish with slices of meat, cover with a layer of grouse, add a few strips of bacon and slices of egg, and season well with salt and pepper. Repeat until the materials are used, add stock to ¾ the depth of the dish, and cover with paste. The pie must be baked about 1½ hours; for the first ½ hour in a hot oven to make the paste rise, and afterwards in a lower temperature in order that the birds and meat may be sufficiently cooked. Meanwhile simmer the necks and any trimmings of the birds there may be in the remainder of the stock, strain, season to taste, and pour it into the pie before serving. When about ¾ baked, the pie should be brushed over with yolk of egg.

When a more highly-seasoned dish is desired, a flavouring of parsley, shallot, and mushroom, all finely chopped, and mixed together, should be added to the meat.

Time.—To bake, about 1½ hours. Average Cost, from 4*s.* 6*d.* to 5*s.* Seasonable from August 12 to December 10.

GROUSE, ROAST.

Ingredients.—A brace of grouse, 2 slices of toast, butter, good brown gravy, bread sauce, fried breadcrumbs, bacon.

Method.—Let the birds hang in a cool dry place for 3 or 4 days. When ready for use, pluck, draw, and truss them in the same manner as roast chicken. Tie over each breast a thin slice of bacon, and roast before a clear fire from 30 to 35 minutes, basting frequently with butter. When nearly done remove the bacon, dredge with flour, and baste well to give the birds a nice brown appearance. Toast the bread lightly, and when the birds are about ¾ cooked, put it into the dripping-tin to catch the gravy that drops from them. Dish on the toast, and serve the gravy, bread sauce, and breadcrumbs separately.

Time.—From 40 to 45 minutes. Average Cost, from 4*s.* the brace. Seasonable from August 12 to December 10.

GRUEL, BARLEY (For Invalids.)

Ingredients.—1 oz. of pearl barley, ¾ pint of water, 1 small glass of port wine (optional), 1 teaspoonful of castor sugar, the thinly-cut rind of ¼ of a lemon.

Method.—Blanch and strain the barley, replace it in the stewpan with the water and lemon-rind, and simmer for 20 minutes. Strain, sweeten to taste, add the port wine, and serve.

Time.—½ an hour. Average Cost, 6*d.*, exclusive of wine.

GRUEL, OATMEAL (For Invalids).

Ingredients.—1 tablespoonful of fine oatmeal, 1 pint of water, or milk and water mixed, sugar to taste, a pinch of salt.

Method.—Mix the oatmeal with a little cold water, boil the remainder, pour in the blended oatmeal, and stir until boiling. Simmer gently for ½ an hour, stirring frequently. Strain, add a pinch of salt, and sweeten to taste. Nutmeg, ginger, butter or cream are frequently added when the gruel is intended as a remedy for a cold.

Time.—35 minutes. Average Cost, 2½*d.*, when milk is used.

GRUEL, SAGO (For Invalids).

Ingredients.—1 dessertspoonful of fine sago, 1 dessertspoonful of castor sugar, ½ pint of boiling water, 1 glass of port wine.

Method.—Let the water be quite boiling in a stewpan, then sprinkle in the sago and boil gently until it is quite clear, stirring from time to time. Add the sugar and wine, and serve.

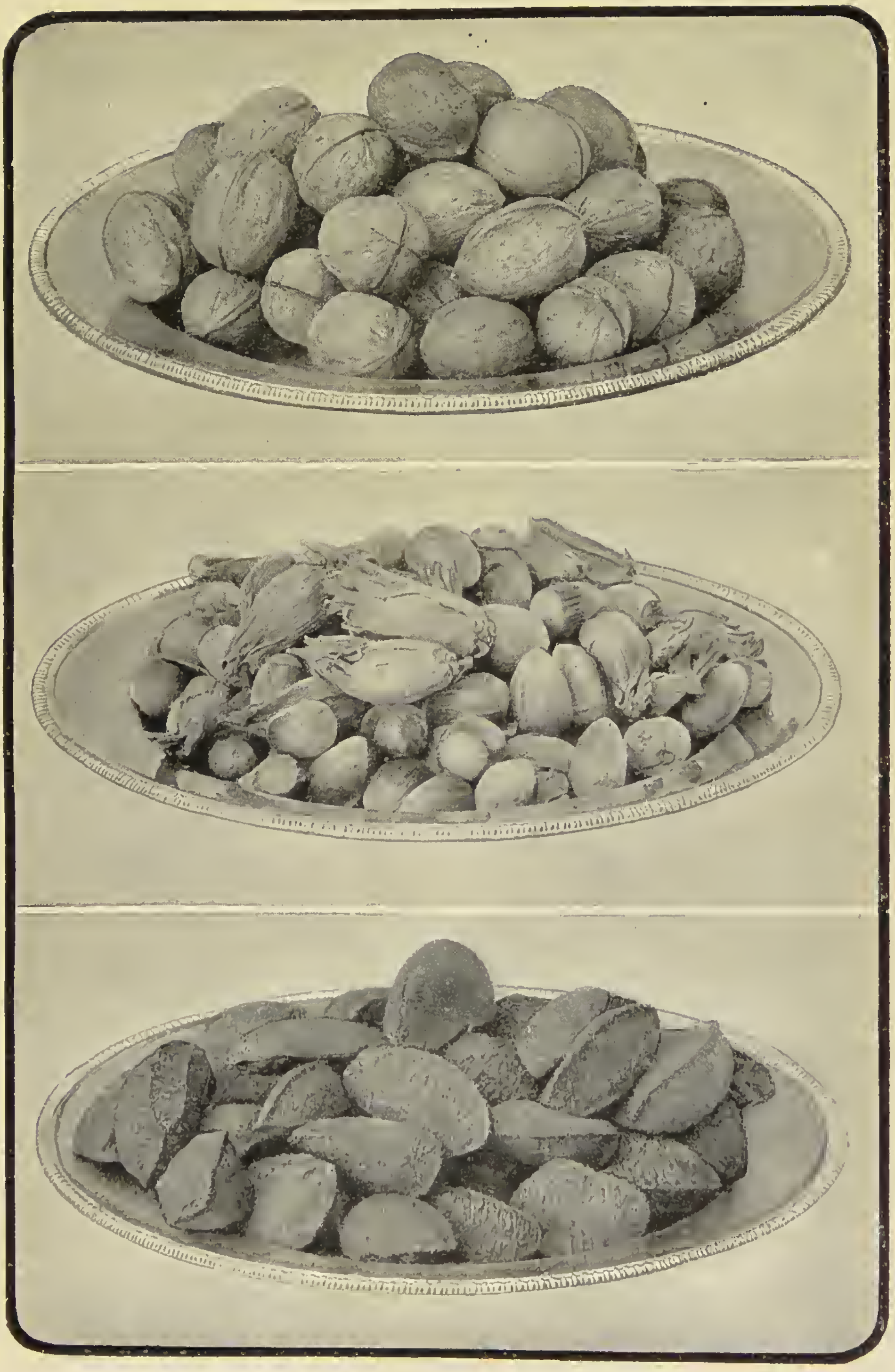
Time.—10 minutes. Average Cost, 4½*d.*

GRUYÈRE CHEESE SANDWICHES.

Ingredients.—Gruyère cheese, white bread, butter, French mustard, Krona pepper, white pepper.

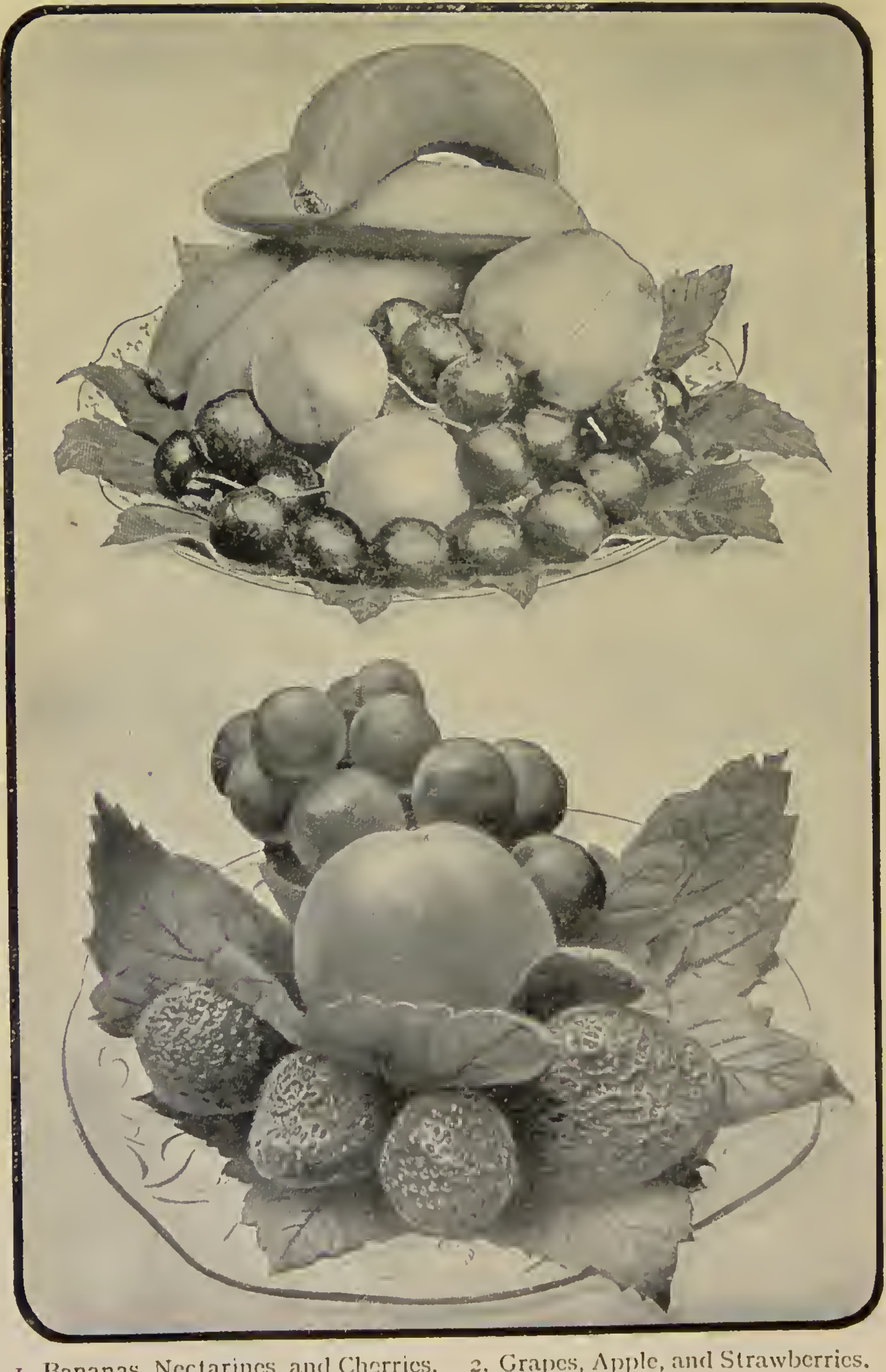
Method.—Cut thin slices of bread and butter, spread them lightly with French mustard, cover with thinly-sliced or grated Gruyère cheese, and season with the 2 kinds of pepper. Cover with more bread and butter, press firmly

DESSERT. No. 2.



1. Walnuts. 2. Filberts. 3. Brazils.

DESSERT. No. 3.



1. Bananas, Nectarines, and Cherries. 2. Grapes, Apple, and Strawberries.

together, trim off the crusts, and cut into square, triangular, or finger-shaped pieces.

GUAVA JELLY (Australian Dish).

INGREDIENTS.—3 quarts of red guavas, the juice of 1 or 2 lemons, loaf sugar.

METHOD.—Slice the fruit, cover with cold water, and simmer gently for 2 hours; then strain through a jelly bag or fine sieve. Measure the syrup when cold, and to each pint allow 12 ozs. of sugar and 1 tablespoonful of lemon-juice. Return to the preserving-pan, boil gently for about 1½ hours, or until a little of the syrup poured on to a cold plate jellies quickly. Turn into pots, cover quickly, and store in a dry place.

GUDGEONS.

INGREDIENTS.—Gudgeons, egg, breadcrumbs, frying-fat.

METHOD.—Clean the fish and remove the gills, but do not scrape off the scales. Dry well, dip them in egg and breadcrumbs, and fry them in hot fat until nicely-browned.

TIME.—From 4 to 6 minutes to fry. AVERAGE COST, 6*d.* per lb. Allow 2 or 3 per head. SEASONABLE from June to November.

GUINEA FOWL, ROASTED.

INGREDIENTS.—1 guinea fowl, bacon, fried breadcrumbs, bread sauce, Espagnole sauce, watercress, salad-oil, salt and pepper.

METHOD.—Truss the bird, cover the breast with slices of fat larding bacon, and roast it in front of a clear fire or in a moderately hot oven for about 1 hour. When ¾ cooked remove the bacon, that the breast may brown. Wash, drain, and dry the watercress, and season it with salt, pepper, and a little salad-oil. Serve on a hot dish, garnish with watercress, and hand the fried breadcrumbs, bread sauce, and Espagnole sauce separately.

TIME.—About 1 hour. AVERAGE COST, from 4*s.* each. SUFFICIENT for 4 or 5 persons.

GURNET, BAKED.

INGREDIENTS.—1 medium-sized gurnet, veal forcemeat, 2 or 3 slices of bacon, butter or fat for basting.

METHOD.—Empty and wash the fish, and cut off the fins and gills. Prepare the forcemeat as directed, put it inside the fish, and sew up the opening. Fasten the tail in the mouth of the fish, place it in a piedish or baking-dish, baste well with hot fat or butter, cover with the slices of bacon, and bake in a moderate oven from 35 to 45 minutes. It may be served with either parsley or anchovy sauce.

TIME.—Altogether, about 1 hour. AVERAGE COST, from 1*s.* to 2*s.* 6*d.* SUFFICIENT for 2 or 3 persons. SEASONABLE from October to March.

HADDOCK, BAKED.

INGREDIENTS.—1 large fresh haddock, veal forcemeat, 1 egg, brown breadcrumbs, fat for basting.

METHOD.—Wash, clean, and scale the fish. Make the forcemeat as directed, put it inside the haddock, and sew up the opening. Truss in the shape of the letter S by means of a string securely fastened to the head of the fish, the trussing needle being passed through the body of the fish while held in the required shape, and the string afterwards secured to the tail. Brush over with egg, cover lightly with brown breadcrumbs, and bake in a moderate oven from 30 to 40 minutes, basting occasionally with hot fat. Serve with anchovy or melted butter sauce.

TIME.—To prepare and cook, from 1 to 1¼ hours. AVERAGE COST, from 1*s*. 2*d*. to 1*s*. 6*d*. SUFFICIENT for 4 persons. SEASONABLE from August to February.

HADDOCK, BOILED.

INGREDIENTS. — 1 large fresh haddock, salt.

METHOD.—Clean and wash the fish, cover it with warm water, add salt to taste, bring to the boil, and cook gently from 20 to 30 minutes. Serve with anchovy, parsley, or melted butter sauce.

TIME.—From 20 to 30 minutes. AVERAGE COST, large haddocks, 8*d*. to 1*s*. SUFFICIENT for 3 or 4 persons. SEASONABLE from August to February.

HADDOCK, FRIED.

Wash and dry a fresh haddock, cut down the back, separate the flesh from the bone, and cut into nice fillets. Brush over with egg, cover lightly with breadcrumbs, and fry until golden-brown in hot fat. Garnish with fried parsley.

HADDOCK, SMOKED, WITH TOMATOES.

INGREDIENTS.—1 small dried haddock, 1 oz. of butter, 2 or 3 small tomatoes, 1 teaspoonful of finely-chopped onion, ½ a teaspoonful of finely-chopped parsley, salt and pepper, boiled rice.

METHOD.—Lay the haddock in a tin with a little water, and bake it for 10 minutes, then take away the skin and bones, and separate the fish into large flakes. Melt the butter in a stewpan, fry the onion slightly, add the tomatoes sliced, and cook until soft. Now put in the fish and parsley, season to taste, and stir gently by the side of the fire until the fish is thoroughly hot. Arrange the boiled rice in a circle on a hot dish, and serve the fish in the centre of it.

TIME.—25 to 30 minutes. AVERAGE COST, 6*d*. SUFFICIENT for 3 persons. SEASONABLE at any time.

HADDOCK SOUP.

INGREDIENTS.—1 fresh haddock, 2 ozs. of butter or dripping, 1 oz. of flour, 1 pint of stock or water, 1 pint of milk, 1 onion, seasoning.

METHOD.—Wipe the fish, remove the fins and eyes, and cut it into pieces. Boil it in stock or water, and add the milk and onion (peeled and stuck with a clove). Melt the butter or dripping, stir in the flour, and cook for a few minutes without browning. To this add by degrees the fish stock and fish, and let the preparation simmer for 30 minutes. Pass the soup through a sieve, return to the stewpan, season to taste with salt, pepper, and grated nutmeg. Serve with fried bread croûtons.

TIME.—About 1 hour. AVERAGE COST, 1*s*. SUFFICIENT for 5 persons. SEASONABLE at all times.

HAKE, BAKED.

INGREDIENTS.—4 slices off a medium-sized hake, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of finely-chopped onion, butter, salt and pepper, flour.

METHOD.—Wash and dry the fish, and place the slices side by side in a baking-dish. Dredge well with flour, season liberally with salt and pepper, spread over the parsley and butter, and add about 1 oz. of butter in small pieces. Bake gently for ½ an hour, basting occasionally, then place the fish on a hot dish, strain the liquor over it, and serve.

TIME.—About ½ an hour. AVERAGE COST, 4*d*. per lb. SUFFICIENT for 3 or 4 persons. SEASONABLE, April to August.

Note.—Any of the methods given for cooking cod and halibut may be applied to hake, but baking will be found the most palatable and satisfactory.

HALIBUT, BAKED.

INGREDIENTS.—2 lbs. of halibut, cut in one thick slice, 1 oz. of butter or dripping, flour, salt and pepper.

METHOD.—Wash and dry the fish thoroughly, sprinkle it liberally with salt and pepper, and dredge well with flour. Place it in an earthenware baking-dish or pie-dish, add the butter in small pieces, and bake gently for about 1 hour. Serve on a hot dish with the liquid from the fish strained and poured round.

TIME.—About 1 hour. AVERAGE COST, 6*d*. to 1*s*. 6*d*. per lb. SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

HALIBUT, BAKED (Canadian Recipe).

INGREDIENTS.—3 lbs. of halibut, milk, salt and pepper, tomato sauce.

METHOD.—Dip the dark portion of the skin into boiling water and scrape it clean. Season the entire surface lightly with salt and pepper, and place the fish in an earthenware baking-dish, surrounded with milk to the depth of nearly 1 inch. Bake gently for 1 hour, basting frequently, then serve with tomato sauce. If preferred, serve with egg or white sauce, in the preparation of which the liquor from the fish should be used.

TIME.—To bake, about 1 hour. AVERAGE COST, 2*s*. to 3*s*. SUFFICIENT for 6 or 7 persons. SEASONABLE from May to January.

HALIBUT, BOILED.

INGREDIENTS.—3 or 4 lbs. of halibut, ½ pint of anchovy or shrimp sauce, 1 lemon, parsley, salt.

METHOD.—Add salt to hot water in the proportion of 1 oz. to 1 quart, put in the fish, bring slowly to boiling point, and simmer very gently from 25 to 30 minutes, or until the fish will part easily from the bone. Drain well, arrange on a hot serviette, garnished with slices of lemon and parsley, and serve the sauce separately.

TIME.—To boil, from 25 to 30 minutes. AVERAGE COST, 6*d*. to 1*s*. per lb. SUFFICIENT for 8 or 9 persons. SEASONABLE at any time.

HALIBUT, FRIED.

INGREDIENTS.—2 lbs. of halibut, anchovy or shrimp sauce, 1 egg, breadcrumbs, frying-fat, 1 tablespoonful of flour, ½ a teaspoonful of salt, ⅛ of a teaspoonful of pepper, parsley.

METHOD.—Divide the fish into small thin slices. Mix the flour, salt, and pepper together, coat the pieces of fish lightly with the mixture, and afterwards brush them over with egg, and toss them in breadcrumbs. Fry them in a deep pan of fat until crisp and lightly browned, or, if more convenient, in a smaller amount of hot fat in a frying-pan. Serve garnished with crisply-fried parsley. Send the sauce to table in a tureen.

TIME.—To fry, 6 or 7 minutes. AVERAGE COST, 6*d*. to 1*s*. 6*d*. per lb. SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

HALIBUT, GRILLED.

INGREDIENTS. — Halibut, oiled butter, salt and pepper.

METHOD.—Divide the fish into slices not more than ¾ of an inch in thickness, brush them over with oiled butter, and sprinkle them with salt and pepper. Place the slices on a clean oiled gridiron, and cook over a clear fire for 10 or 12 minutes, turning them 2 or 3 times during the process. Serve with lemon, or any fish sauce that may be preferred.

Time.—From 10 to 12 minutes. Average Cost, *6d.* to *1s. 2d.* per lb. Allow 6 or 7 oz. per head. Seasonable at any time.

HALIBUT STEAKS (Canadian Recipe).

Ingredients.—2 or 3 slices of halibut, 1 egg, 1 tablespoonful of flour, crackers, salt and pepper, frying-fat, parsley.

Method.—Wipe and thoroughly dry the fish, season the flour with salt and pepper, and dip each slice of fish in the mixture. Coat carefully with beaten egg and powdered crackers, and fry in hot fat until lightly browned. Drain well, and serve on a dish paper or folded serviette garnished with fried parsley.

Time.—About 20 minutes. Average Cost, halibut, *6d.* to *8d.* per lb. Sufficient for 2 or 3 persons. Seasonable from May to January.

HAM, TO BAKE A

Ingredients.—Ham, a common crust.

Method.—As a ham for baking should be well soaked, let it remain in water for at least 12 hours. Wipe it dry, trim away any rusty places underneath, and cover it with a common crust, taking care that this is of sufficient thickness all over to keep in the gravy. Place the ham in a moderately heated oven, and bake for nearly 4 hours. Take off the crust, and skin, and cover with raspings, the same as for boiled ham, and garnish the knuckle with a paper frill.

HAM BOILED.

Ingredients. — Ham, water, glaze or raspings.

Method.—In choosing a ham, ascertain that it is perfectly sweet, by running a sharp knife into it close to the bone; if, when the knife is withdrawn, it has an agreeable smell, the ham is good; but, on the contrary, should the blade have a greasy appearance and offensive smell, the ham is bad. If it has been long hung, and it is very dry and salt, let it remain in soak for 24 hours, changing the water frequently. This length of time is only necessary in the case of the ham being very hard; from 8 to 12 hours would be sufficient for a Yorkshire or Westmoreland ham. Wash it thoroughly clean and trim away from the under side all the rusty and smoked parts, which would spoil the appearance. Put it into a boiling pot, with sufficient cold water to cover it, bring it gradually to boil, and carefully remove the scum as it rises. Keep it simmering very gently until tender, and be careful that it does not stop boiling nor boil too quickly. When done take it out of the pot, strip off the skin, sprinkle over it a few bread-raspings, put a frill of cut paper round the knuckle, and serve. If to be eaten cold, let the ham remain in the water until nearly cold; by this method the juices are kept in, and it will be found infinitely superior to one taken out of the water hot. When the skin is removed sprinkle over bread-raspings, or glaze it.

Time. — A ham weighing 10 lbs., 4 hours to simmer gently; 15 lbs., 5 hours; a very large one about 6 hours. Average Cost, from *1s.* per lb., by the whole ham.

HAM CROÛTES.

Ingredients.—6 ozs. of finely chopped cooked ham, ½ oz. of butter, 1 tablespoonful of cream, 2 yolks of eggs, 1 finely-chopped shallot, ½ a teaspoonful of finely-chopped parsley, pepper, 8 round croûtes of fried bread.

Method.—Fry the shallot in the butter until slightly browned, then add the ham and stir over the fire until hot. Now put in the yolks of eggs and cream, season with pepper, stir until the mixture thickens, then dish on the croûtes, and serve sprinkled with parsley.

Time.—15 minutes. Average Cost, 8*d*., exclusive of the ham. Sufficient for 6 or 7 persons. Seasonable at any time.

HAM FORCEMEAT FOR VEAL, TURKEY, FOWL, HARE.

Ingredients.—2 ozs. of ham or lean bacon, 4 ozs. of suet, 4 ozs. of breadcrumbs, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of mixed herbs, the grated rind of ½ a lemon, a good pinch of nutmeg, a good pinch of mace, 2 eggs, or 1 egg and a little milk, salt and pepper.

Method.—Chop the ham and suet finely. Mix all the dry ingredients well together, add the eggs, season to taste, mix well, and use as required. When the mixture is intended for balls, the consistency should be tested by poaching a small quantity in boiling water.

Time.—20 to 30 minutes. Average Cost, about 6*d*. for this quantity.

HAM, POTTED.

Ingredients.—To 2 lbs. of lean ham allow ½ lb. of fat, ¼ of a teaspoonful of ground mace, ¼ of a teaspoonful of nutmeg, ¼ of a teaspoonful of pepper, ⅛ of a teaspoonful of cayenne, clarified butter.

Method.—Pass the ham 2 or 3 times through a mincing machine, or chop it finely, pound it well in a mortar with the seasoning, and rub it through a fine sieve. Put it into a buttered piedish, cover with a buttered paper, and bake in a moderate oven for about ¾ of an hour. When done, press into small pots, and as soon as it is quite cold cover with clarified butter.

Time.—To bake, about ¾ of an hour. Average Cost, 2*s*. 3*d*. to 2*s*. 9*d*.

HAMPSHIRE PUDDING.

Ingredients.—3 ozs. of castor sugar, 3 ozs. of butter warmed, 3 yolks of eggs, 2 whites of eggs, jam, puff-paste.

Method.—Line a deep plate with the paste, and cover the bottom with a good layer of jam. Beat the eggs well, add the butter and sugar gradually, and whisk briskly until thick. Pour the mixture over the jam, and bake in a moderately hot oven for about ½ an hour. Serve either hot or cold.

Time.—About 1 hour. Average Cost, 1*s*. Sufficient for 6 or 8 persons.

HAM RAMAKINS.

Ingredients.—5 ozs. of finely-chopped lean cooked ham, 4 eggs, 1 tablespoonful of cream or milk, ½ a teaspoonful of powdered mixed herbs, made mustard, Krona pepper, salt and pepper.

Method.—Beat 2 whole eggs and 2 yolks of eggs slightly, add the ham, cream, herbs, a small ½ mustardspoonful of mustard, salt and pepper to taste, and mix well together. Have ready 8 well-buttered china ramakin cases, fill them rather more than three-quarters full with the mixture, and bake until set. Meanwhile, beat the remaining 2 whites of eggs to a stiff froth, season with a little salt, and pile roughly above the level of the cases. Sprinkle with Krona pepper, replace in the oven, and bake until the white of egg is crisp and lightly browned. Serve hot.

Time.—½ an hour. Average Cost, 1*s.* 3*d.* Sufficient for 5 or 6 persons. Seasonable at any time.

HAMS AND FISH, TO SMOKE, AT HOME.

Take an old hogshead, stop all the crevices, and fix a place to put a cross-stick near the bottom, to hang the articles to be smoked on. Next, in the side, cut a hole near the top, to introduce an iron pan filled with sawdust and small pieces of green wood. Having turned the tub upside down, hang the articles upon the cross-stick, introduce the iron pan in the opening, place a piece of red-hot iron in the pan, cover it with sawdust, and all will be complete. Let a large ham remain for 40 hours, and keep up a good smoke.

HAM SAUCE (For Veal, Duck, Game, etc.).

Ingredients.—½ pint of Espagnole sauce, or brown sauce, 2 tablespoonfuls of finely-shredded or coarsely-chopped ham, 1 dessert spoonful of finely-chopped parsley, 1 teaspoonful of lemon-juice, salt and pepper.

Method.—Make the sauce hot in a saucepan, add the ham, and simmer for 5 minutes. Remove from the fire, put in the parsley, and lemon-juice, season, and serve.

Time.—10 to 15 minutes. Average Cost, 10*d.* to 1*s.*

HAMS, CURED (Suffolk Recipe).

Ingredients.—To a ham from 10 to 12 lbs. allow 1 lb. of coarse sugar, ¾ lb. of salt, 1 oz. of saltpetre, ½ a teacupful of vinegar.

Method.—Rub the hams well with common salt, and leave them for a day or two to drain; then rub well in the above proportion of sugar, salt, saltpetre, and vinegar, and turn them every other day. Keep them in the pickle 1 month, drain them, and send them to be smoked over a wood fire for 3 weeks or a month.

Time.—To remain in the pickle, 1 month; to be smoked, 3 weeks or 1 month. Sufficient for 1 ham.

HAMS, TO CURE.

Ingredients.—For 2 hams, weighing each about 16 or 18 lbs., allow 1 lb. of moist sugar, 1 lb. of common salt, 2 ozs. of saltpetre, 1 quart of good vinegar.

Method.—As soon as the pig is cold enough to be cut up, take the 2 hams, rub them well with common salt, and leave them in a large pan for 3 days. When the salt has drawn out all the blood, drain the hams and throw the brine away. Mix sugar, salt, and saltpetre together in the above proportion, rub the hams well with these, and put them into a vessel large enough to hold them, always keeping the salt over them. Let them remain for 3 days, then pour over them 1 quart of good vinegar. Turn them in the brine every day for a month, then drain them well, and rub them with bran. Have them smoked over a wood fire, and be particular that the hams are hung as high as possible from the fire; otherwise the fat will melt, and they will become dry and hard.

Time.—To be pickled, 1 month; to be smoked, 1 month. Sufficient for 2 hams of 18 lbs. each.

HAMS, TO CURE (Westmoreland Recipe).

INGREDIENTS.—3 lbs. of common salt, 3 lbs. of coarse sugar, 1 lb. of bay-salt, 3 quarts of strong beer.

METHOD.—Before the hams are put into pickle, rub them the preceding day well with salt, and thoroughly drain the brine from them. Put the above ingredients into a saucepan, and boil for 15 minutes; pour over the hams, and let them remain 1 month in the pickle. Rub and turn them every day, but do not take them out of the pickling-pan, and have them smoked for a month.

TIME.—To be pickled, 1 month; to be smoked, 1 month.

HARE, BROILED.

INGREDIENTS.—Remains of a roast hare, salt, cayenne, butter.

METHOD.—Separate into neat joints, brush them over with oiled butter, and season highly with salt and pepper. Broil over a clear fire until both sides are nicely browned, brushing over with butter 2 or 3 times meanwhile. Serve with good gravy or any appropriate sauce.

TIME.—10 minutes.

HARE, CROQUETTES OF.

INGREDIENTS.—6 tablespoonfuls of finely-chopped cooked hare, 2 yolks of eggs, ½ pint of brown sauce, a pinch of powdered cloves, salt and pepper, egg and bread-crumbs, frying-fat, parsley.

METHOD.—Make the sauce as directed, add the yolks of eggs, and stir over the fire until it thickens. Put in the hare, add the cloves, and salt and pepper to taste, mix well, and turn on to a plate. When cool, form into cork-shaped pieces, coat with egg and bread-crumbs, and fry in hot fat until nicely browned. Drain well, and serve garnished with crisply-fried parsley.

TIME.—To fry, from 4 to 5 minutes. AVERAGE COST, 1*s.* 9*d.* to 2*s.* 3*d.* SUFFICIENT for 4 persons.

HARE, HASHED.

INGREDIENTS.—Remains of cold roast hare, ¾ pint of brown sauce, 1 glass of port or claret, salt and pepper, red-currant jelly.

METHOD.—Cut the hare into neat slices, and put these aside while the bones and trimmings are being boiled for stock. Make the brown sauce as directed, and, when economy is an object, use equal parts of stock and stout instead of adding wine to the sauce when finished. Season the sauce to taste, put in the slices of hare, let them remain until thoroughly hot, then serve with red-currant jelly.

TIME.—15 minutes, to re-heat the hare. AVERAGE COST, 1*s.* 4*d.* to 1*s.* 6*d.*

HARE IN CASSEROLE.

INGREDIENTS.—1 hare, 1½ pints of good stock, or equal parts of stock and good stout, 3 ozs. of butter, 1 oz. of flour, 1 onion chopped, 3 cloves, 10 peppercorns, and a bouquet-garni (parsley, thyme, bay-leaf), all tied together in muslin, salt and pepper, veal forcemeat, red-currant jelly.

METHOD.—Prepare the hare as directed, and cut it into pieces convenient for serving. Heat 2 ozs. of butter, fry the hare until nicely browned, and pack closely in a casserole. Fry the onion brown, add it and the cloves, etc., to the hare, cover with stock, put on the lid, and cook gently for about 2½ hours, or until the hare is tender. Knead the remaining oz. of butter and the flour smoothly together, divide into small pieces, and add them to the contents of the casserole, about ½ an hour before serving. Shape the forcemeat into small balls, fry in hot butter or fat, drain well, and add them 5 minutes before serving. Remove the herbs tied in muslin, season to taste, and serve in the casserole, with red-currant jelly handed separately.

Time.—From 2½ to 3 hours. Average Cost, 5*s.* 6*d.* to 6*s.* 6*d.* Sufficient for 6 or 7 persons. Seasonable from September to March.

HARE, JUGGED.

Ingredients.—1 hare, 1½ pints of good stock, 1 glass of port wine or claret, 1 tablespoonful of lemon-juice, 3 ozs. of butter, 1 oz. of flour, 1 medium-sized onion, 4 cloves, 12 peppercorns, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper, veal forcemeat, red-currant jelly.

Method.—Prepare the hare as directed in "Trussing Poultry and Game," and cut it into pieces about the size of a small egg. Heat 2 ozs. of butter in a frying-pan, fry the pieces of hare brown, then put them into a stewjar with a little salt, the onion stuck with cloves, 1 glass of wine, the lemon-juice, peppercorns, herbs, and the stock previously made hot. Cover the jar closely, and cook in a moderate oven for about 3 hours. When the oven is too hot the jar should be placed in a baking-tin surrounded by boiling water, or, when more convenient, the jar may stand in a saucepan of boiling water on the stove. About ½ an hour before serving knead the remaining oz. of butter and the flour together, stir into the stock, add the other glass of wine, and seasoning if necessary. Make the forcemeat as directed, shape it into small balls, fry in hot butter or fat, and drain well. Pile the pieces of hare on a hot dish, strain the gravy over, arrange the forcemeat balls round the base, and serve the red-currant jelly separately.

Time.—To cook, about 3 hours. Average Cost, 5*s.* 6*d.* to 6*s.* 6*d.* Seasonable from September to March.

HARE, POTTED.

Ingredients.—1 hare, slices of bacon, good stock, a bouquet-garni (parsley, thyme, bay-leaf), 3 cloves, 10 peppercorns, 1 blade of mace, 2 bay-leaves, cayenne, salt and pepper, clarified butter.

Method.—Prepare the hare as directed in "Trussing Poultry and Game," and cut it into rather small pieces. Line the bottom of a stewjar or stewpan with slices of bacon, pack the pieces of hare closely on the top, add the herbs, cloves, peppercorns, mace, bay-leaves, and a liberal seasoning of salt. Barely cover with stock, lay slices of bacon on the top, cover closely, and cook very gently either on the stove or in the oven for about 3 hours. adding more stock from time to time. Remove the bones, chop the flesh and the bacon finely, and pound these in a mortar until smooth, moistening gradually with stock, previously strained. Season rather highly, pass the preparation through a fine sieve, and press it into small pots. Cover with clarified butter, and keep in a cool, dry place.

Time.—To stew, about 3 hours. Average Cost, 5*s.* 6*d.* to 6*s.*

Note.—Cold remains of hare may also be potted, a little good gravy or brown sauce being used to moisten the preparation.

HARE, ROASTED.

Ingredients.—1 hare, bacon, veal forcemeat, ¾ pint of stock, 1 glass of port, 2 ozs. of butter, 1½ ozs. of flour, ½ a teaspoonful of finely-chopped shallot or onion, ½ a teaspoonful of finely-chopped parsley, a good pinch of thyme, salt and pepper, red-currant jelly, milk for basting.

Method.—Choose a young hare, which may be known by its smooth and sharp claws, and the narrow cleft in the lip. To be eaten in perfection it should hang about 8 days. When ready for use, skin, draw, and truss according to directions given in "Trussing Poultry and Game." Forcemeat is a matter of taste ; if used, it should be pressed lightly inside the hare and the body sewn up with a needle and strong cotton before trussing. Carefully truss, then brush the hare all over with warm butter or dripping, cover the back with slices of fat bacon, and tie it down with string in 3 or 4 places. Roast the hare in front of a clear fire or in a moderate oven from 1½ to 2 hours, basting it very frequently with milk, to which may be added, when economy is not an object, 1 or 2 ozs. of butter. Meanwhile, remove the gall-bladder carefully from the liver, put the liver into cold water, bring to the boil, cook for 5 minutes, then drain and chop finely. Melt the butter in a small stewpan, add the liver, onion, parsley, and thyme, fry for 10 minutes, then drain, and return the butter to the stewpan. If available, pound the liver, etc., in a mortar until smooth, and rub through a fine wire sieve. Re-heat the butter, stir in the flour, and cook over the fire until a nut-brown roux is obtained, then add the stock (if none is at hand substitute the milk used for basting), stir until it boils, then add the liver preparation, season to taste, simmer for 10 minutes, and just before serving put in the wine. When the hare is rather more than three parts cooked remove the bacon, to allow the back to brown, dredging slightly with flour, and basting frequently with butter during the process. Remove the trussing strings, dish up on a hot dish, and serve with the liver sauce and red-currant jelly separately.

Time.—To roast, from 1½ to 2 hours. Average Cost, 6*s*. to 6*s*. 6*d*. Seasonable from September to March.

HARE SOUP.

Ingredients. — 3 quarts of second stock, 1 hare or the bones and inferior parts of a hare, 2 ozs. of butter, 1 tablespoonful of cornflour, 1 small onion, 1 small carrot, ½ a small turnip, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, 1 glass of port wine, salt.

Method.—Wipe the hare with a clean damp cloth, and cut it into small joints. Melt the butter in a stewpan, put in the hare, the vegetables sliced, and the herbs, and fry until brown. Add the stock, salt, and peppercorns, and simmer gently for 3 hours. Strain, remove the meat from the bones, and pound it well in a mortar. Rub it through a fine sieve, then return it and the stock to the stewpan, and when boiling add the wine and the cornflour, previously mixed smoothly together. Stir and cook for a few minutes, season to taste, and serve.

Time.—4 hours. Average Cost, 4*s*. to 5*s*., when made from a whole hare, not including the stock. Seasonable from August to March. Sufficient for 10 persons.

HARICOT BEAN SOUP.

Ingredients.—2 pints of stock or water, 1 pint of milk, ½ pint of small haricot beans, 1 oz. of butter, 1 onion, 1 strip of celery or ½ a teaspoonful of seeds (tied in muslin), salt and pepper.

METHOD.—Wash the beans, and soak them in water for 12 hours. Melt the butter in a stewpan, put in the onion and celery sliced, fry for a few minutes without browning, then put in the beans, cover closely, and let them steam for 15 or 20 minutes. Add the stock or water, ½ a teaspoonful of salt, and simmer until tender (2½ to 3 hours). Strain, and rub the vegetables through a wire sieve. Return to the stewpan, add the milk, and boil up. Season to taste, and serve.

TIME.—3½ to 4 hours. AVERAGE COST, 6*d*. without the stock. SEASONABLE at any time. SUFFICIENT for 2 or 3 persons.

Note.—Haricot-bean, lentil, and pea soup are often substituted for meat by those catering for the poor, and the usual allowance is 1 pint per head.

HARICOT BEANS AND MINCED ONIONS.

INGREDIENTS.—1 pint of white haricot beans, 4 medium-sized onions, ¼ pint of good brown gravy, pepper and salt to taste, a little flour, ½ oz. of butter.

METHOD.—Peel and mince the onions, not too finely, fry them in butter until they acquire a light-brown colour, then dredge over them a little flour, and add the gravy and a seasoning of pepper and salt. Have ready a pint of haricot beans well boiled and drained, put them with the onions and gravy, mix all well together, and serve very hot.

TIME. — Altogether, about 2¼ hours. AVERAGE COST, 4*d*. per quart. SEASONABLE at any time.

HARICOT BEANS, BOILED.

INGREDIENTS.—1 quart of white haricot beans, 2 quarts of water, 1 oz. of butter, 1 heaped tablespoonful of salt.

METHOD.—Put the beans into cold water, and let them soak for several hours, according to their age; then put them into cold water, salted in the above proportion, bring them to the boil, and let them simmer very slowly until tender. Pour away the water, and let them stand by the side of the fire, with the lid of the saucepan partially off, to allow the beans to dry; then add 1 oz. of butter and a seasoning of pepper and salt. Toss the beans for about 5 minutes, then dish up and serve.

TIME.—After the water boils, from 2 to 2½ hours. AVERAGE COST, 4*d*. per quart. SUFFICIENT for 6 or 8 persons. SEASONABLE at any time.

HARICOT BEANS WITH PARSLEY BUTTER.

INGREDIENTS.—1 quart of white haricot beans, ¼ lb. of fresh butter, 1 tablespoonful of chopped parsley, pepper and salt to taste, the juice of ½ a lemon.

METHOD.—Should the beans be very dry, soak them for 1 or 2 hours in cold water, and boil them until perfectly tender, as in the preceding recipe. Should the water boil away, replenish it with a little more cold to make the skin of the beans tender. Let them be thoroughly done; drain them well, then add to them the butter, chopped parsley, and a seasoning of pepper and salt. Shake the stewpan gently over the fire, and when the various ingredients are well mixed, squeeze in the lemon-juice, and serve very hot.

TIME.—1 hour. AVERAGE COST, 4*d*. per quart. SUFFICIENT for 6 or 8 persons. SEASONABLE at any time.

HARICOT MUTTON (French Dish).

Ingredients.—2 lbs. of neck of mutton, 6 rather small turnips peeled and cut into thick slices, 2 ozs. of butter or good dripping (about), 1 dessertspoonful of flour, a bouquet-garni (parsley, thyme, bay-leaf), a small clove of garlic, ½ pint of boiling water, salt and pepper.

Method. — Divide the mutton into cutlets, and if very fat remove some of it. Heat about ½ the butter or fat in a stewpan, fry the meat quickly until the entire surface is lightly browned; meanwhile sprinkle it with flour so as to make it brown more quickly. When ready, add the boiling water, garlic, bouquet-garni, and a little salt and pepper, cover with a close-fitting lid, and cook very slowly for 1 hour. In the meantime heat the remaining butter, fry the turnips brown, then drain them and put them into the stewpan containing the meat. Continue to cook slowly until both meat and turnips are tender, then pile the meat in the centre of a hot dish, and arrange the pieces of turnip round the base. Skim well to remove some of the fat, then strain the gravy over the meat, and serve.

Time.—About 2 hours. Average Cost, 1*s.* 10*d.* to 2*s.* Sufficient for 3 or 4 persons. Seasonable at any time.

HARICOTS À LA BONNE FEMME.

Ingredients.—1 quart of white haricot beans, ¼ lb. of butter, ¼ oz. of salt, 2 quarts of water, 1 teaspoonful of chopped parsley, salt and pepper.

Method.—Place the haricot beans in water with the above proportion of salt; let them boil, then draw the saucepan to the corner of the fire, and let them simmer gently until the bean is easily crushed between the thumb and finger, which will be in about 2 hours. Drain them and return them to the saucepan; add the butter, parsley, salt and pepper to taste, and ½ pint of the liquor in which the beans were boiled. Shake the saucepan over the fire until the butter is melted, and serve very hot.

Time.—2¼ hours. Average Cost, 4*d.* per quart. Sufficient for 6 or 8 persons. Seasonable at any time.

HARVEY SAUCE.

Ingredients.—1 quart of malt vinegar, ¼ pint of Indian soy, ¼ pint of mushroom or walnut vinegar, 6 anchovies finely chopped, 1 clove of garlic bruised, ¼ oz. of cayenne.

Method.—Put all the ingredients into an earthenware jar, cover closely, let the mixture remain for 1 month, stirring it 2 or 3 times daily. When ready, strain into small bottles, cork securely, and store for use.

Time. — 1 month. Average Cost, 1*s.* 6*d.*

HASH BOGURRAH (Indian Recipe).

Ingredients.—2 lbs. of mutton, ½ lb. of flour, ½ lb. of ghee or other fat, 2 ozs. of onions, ½ oz. of ginger, cinnamon, cloves, and cardamoms, ¼ oz. of salt, ¼ oz. of coriander seeds, ⅛ of a teaspoonful each of saffron and capsicum pepper, 1 yolk of egg.

Method.—Cut the meat and onions into small thin slices, reduce all the flavouring ingredients to a fine powder, and mix to a smooth paste with a little cold water. Fry the whole in hot ghee until well browned, then barely cover with water, and cook as slowly as possible until the meat is tender. Meanwhile, knead the flour to a smooth paste with the yolk of egg, roll it out thinly, and cut it into strips about 2 inches in length and ½ an inch in breadth. Throw the strips into boiling salted water, cook until done, then drain them well and add them to the contents of the stewpan about 10 minutes before serving. Serve with the saffron sprinkled over the hash.

Time.—2 hours. Cost, 2*s.* Sufficient for 5 or 6 persons.

HASH SUNGSHERE (Indian Recipe).

Ingredients.—2 lbs. of mutton, 2 ozs. of ghee or other fat, 1½ ozs. of white chennah flour, 4 ozs. of rice, ¼ lb. each of onions, carrots, paluk, soya greens, 1 oz. each of blanched almonds and green ginger, ¾ oz. of salt, ½ oz. of coriander seeds, ¼ of a teaspoonful of cinnamon, ⅛ of a teaspoonful each of cardamoms and cloves, 1 pint of stock, 1 pint of milk.

Method.—Cut the meat and onions into thin slices, and fry them in hot ghee until lightly browned. Add the flour, stir over the fire until it acquires a nut-brown colour, then cover with stock and simmer very slowly until the meat is half cooked. Strain off the gravy, and again fry the meat in hot ghee or fat with the cloves and coriander seeds previously ground to a fine powder. Replace in the stewpan, add the strained gravy, stock, and milk, bring to the boil, and thicken with ground rice. Stir over the fire for a few minutes, then add the salt, spices, carrots, soya, and paluk cut into small pieces. Fry the almonds in hot ghee until well browned, add them to the contents of the stewpan, add also the previously well washed and soaked rice, cover closely, and cook gently for about 1 hour. Serve hot.

Time.—1¼ hours. Cost, 2*s.* 3*d.* Sufficient for 5 or 6 persons.

HASTY PUDDING.

Ingredients.—Milk, sugar, flour, sago or tapioca, salt.

Method.—Boil up the milk; with the left hand sprinkle in sufficient flour, sago or tapioca to thicken the milk, stirring briskly meanwhile. Add a little salt and sugar to taste, stir and cook for about 10 minutes, and serve with cream and sugar, jam or treacle.

Time.—About 20 minutes. Average Cost, 2*d.* per person.

HERB PANCAKES.

Ingredients.—Any green herbs, such as parsley, chives, thyme, spinach, etc., 2 ozs. of butter, minced ham or bacon, stock, fried pancakes.

Method.—Chop the herbs finely, then put them into a stewpan with the butter, and stew till tender. Keep them moist, mix in the ham or bacon, put a thin layer of mince over each pancake, and roll them up. Put the pancakes closely side by side in a stewpan, add just enough stock to keep them from burning, cover closely, and steam for 30 minutes.

Time.—1 hour. Average Cost, 8*d.* or 9*d.* Seasonable at any time.

HERB SAUCE.

Ingredients.—1 stick of horseradish finely scraped, 2 shallots shredded, 2 or 3 sprigs each of marjoram, thyme, basil, and tarragon, 4 cloves, 1 teaspoonful of caramel browning, 1 tablespoonful of lemon-juice, 2 tablespoonfuls of vinegar, 1 pint of water.

Method.—Simmer all these ingredients together for ½ an hour, and when quite cold strain into small bottles. Cork and seal securely, and store for use. This sauce will be found useful for flavouring gravies and stews.

Time.—40 minutes. Average Cost, 8*d.*

HERING SALAT (German Dish).

Ingredients.—2 good smoked or salted herrings, 2 hard-boiled eggs, 1 cold boiled potato, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped onion, 2 tablespoonfuls of salad-oil, 1½ tablespoonfuls of vinegar, salt and pepper, slices of beetroot and capers for garnishing.

Method.—Put the herrings in a moderate oven for 2 or 3 minutes, so as to enable the skins to be easily removed. Cut off the heads, split the fish in halves, and divide into small pieces, carefully removing the bones. Place the onion, parsley, and a seasoning of salt and pepper in a salad-bowl, stir in the oil and vinegar, and mix well. Cut the eggs and potato into small dice, mix them and the flaked fish lightly but thoroughly with the salad dressing, and decorate with the sliced beetroot and capers.

Time.—15 minutes. Average Cost, 10*d.* to 1*s.* Sufficient for 3 or 4 persons. Seasonable at any time.

HERRING ROES, BAKED.

Ingredients.—8 fresh soft roes, 3 tablespoonfuls of thick brown sauce, 1 tablespoonful of lemon-juice, a few drops of anchovy essence, 1½ ozs. of butter, 4 coarsely-chopped button mushrooms, 1 very finely-chopped shallot, ½ a teaspoonful of finely-chopped parsley, lightly browned breadcrumbs, 8 round or oval china or paper soufflé cases.

Method.—Brush the inside of the cases with clarified butter. Heat 1 oz. of butter in a small stewpan, put in the mushrooms, shallot, and parsley, fry lightly, then drain off the butter into a sauté-pan. Add the brown sauce, lemon-juice, and anchovy essence to the mushrooms, etc., season to taste, and when hot pour a small teaspoonful into each paper case. Re-heat the butter in the sauté-pan, toss the roes gently over the fire until lightly browned, then place one in each case, and cover them with the remainder of the sauce. Add a thin layer of breadcrumbs, on the top place 2 or 3 morsels of butter, and bake in a quick oven for 6 or 7 minutes. Serve as hot as possible.

Time.—20 minutes. Average Cost, 1*s.* 6*d.* Sufficient for 6 or 7 persons. Seasonable at any time.

HERRINGS, BAKED, FRESH.

Ingredients.—12 fresh herrings, salt and pepper, vinegar, 1 or 2 Spanish onions.

Method.—Wash the herrings in 3 or 4 waters, cut off the heads, split them open, and remove the gut and backbone. Season well with salt and pepper, and roll them up tightly, beginning with the neck of the fish. Pack the herrings closely in a piedish, cover them with thin slices of onion, half fill the dish with equal quantities of vinegar and water, and bake in a very slow oven for 2 hours. When done, remove the onion, but let the fish remain in the dish in which they were cooked until ready to serve.

HERRINGS, BAKED, FRESH (Another Method).

Ingredients.—12 herrings, 2 bay-leaves, 12 allspice, 6 cloves, a good pinch of ground mace, salt and pepper, vinegar.

METHOD.—Wash the herrings in 3 or 4 waters, cut off the heads, and remove the gut. Place them in a piedish, heads and tails alternately, sprinkle each layer with salt and pepper, and add the flavouring ingredients. Cover the fish with vinegar, or, when vinegar is not much liked, with equal quantities of vinegar and water, and bake for 1½ hours in a very slow oven. Serve cold.

TIME.—About 2 hours. AVERAGE COST, *6d.* to 1*s.* per dozen. SUFFICIENT for 9 persons. SEASONABLE from May to November.

HERRINGS, BROILED, WITH MUSTARD SAUCE.

INGREDIENTS.—4 fresh herrings, 1 oz. of butter, ½ oz. of flour, 1 teaspoonful of mustard, ¼ pint of water, ⅛ pint of vinegar, 1 finely-chopped onion.

METHOD.—Fry the onion in the butter until lightly browned, put in the flour and mustard, add the vinegar and water, stir until boiling, and simmer gently for 15 minutes. Wipe and dry the herrings, remove the heads, and score them across the backs and sides, but avoid cutting the roe. Sprinkle them with salt and pepper, and grill over or in front of a clear fire from 10 to 15 minutes. Place on a hot dish, strain the sauce round, and serve.

TIME.—½ an hour. AVERAGE COST, 5*d.* or *6d.* SUFFICIENT for 3 or 4 persons. SEASONABLE from July to February.

HERRINGS, FRESH, STUFFED AND BAKED.

INGREDIENTS.—6 herrings, 2 tablespoonfuls of breadcrumbs, 1 tablespoonful of finely-chopped suet, 1 teaspoonful of chopped parsley, ¼ of a teaspoonful of grated lemon-rind, salt and pepper, milk.

METHOD.—Wash and split the herrings and remove the backbone. Mix the above ingredients to make a forcemeat, season each herring with salt and pepper, spread on a thin layer of the forcemeat and roll up tightly, beginning with the neck. Pack closely in a greased piedish, cover with greased paper, and bake from 1 to 1¼ hours in a moderate oven. Serve hot.

TIME.—1½ to 1¾ hours. AVERAGE COST, 5*d.* to *6d.* SUFFICIENT for 5 persons. SEASONABLE from May to November.

HERRINGS, RED, OR YARMOUTH BLOATERS.

METHOD.—The best way to cook these is to make incisions in the skin across the fish, because they do not then require to be so long on the fire, and will be far better than when cut open. Place them on a buttered gridiron, broil over or before a clear fire for 5 minutes, turning frequently. The hard roes makes a nice relish if pounded in a mortar, with a little anchovy, and spread on toast. If very dry, soak the bloaters in warm water 1 hour before dressing.

TIME.—5 minutes. AVERAGE COST, 1½*d.* each. SEASONABLE from May to November.

HOCK CUP.

INGREDIENTS.—1 bottle of hock, 1 liqueur glass of old brandy, ½ a liqueur glass of Curaçoa or Bénédictine, 2 bottles of seltzer or soda water, a few strips of lemon-peel, a little borage.

METHOD.—Stand the wine, seltzer or soda water in a deep vessel, surround them with rough ice, and let them remain for an hour. Have the rest of the ingredients ready in a glass jug, pour in the wine, add the mineral water, and serve at once.

HOLLANDAISE SAUCE (For Fish and certain Vegetables).

INGREDIENTS.—1 gill of white sauce, ¼ gill of good white stock, 1 dessertspoonful of lemon-juice, 2 yolks of eggs, 1 oz. of butter, salt and pepper.

METHOD.—Make the white sauce hot, add the stock and yolks of eggs well mixed together, and whisk by the side of the fire until the sauce thickens, but it must not be allowed to boil. Add the lemon-juice, and the butter bit by bit, season to taste, and pass through a fine strainer or tammy-cloth. Re-heat, and use as required.

TIME.—15 minutes. AVERAGE COST, *7d.*

HOME-MADE BREAD.

INGREDIENTS.—½ pint of brewer's yeast, 1 lb. of potatoes, 1 peck and ½ lb. of flour, 2 quarts of cold water, and 1½ ozs. of salt.

METHOD.—Procure ½ pint of good brewer's yeast, fresh from the brewhouse, and see that it weighs at least 3½ ozs. Having procured the yeast, boil about 1 lb. of potatoes in their skins, first washing them clean. When cooked, strain away the liquor they were boiled in, turn into a clean wooden pail, add ½ lb. of flour, and pound them well with the end of a rolling-pin, then add 2 quarts of cold water, stir the ingredients up, and mix well. Put 1 peck of flour into a large pan, make a hole in the centre, place a couple of sticks across the top, set a sieve over the hole in the centre, and strain the liquor into it, using more water to rinse through every particle of the potatoes, leaving the skins perfectly clean in the sieve; now add the ½ pint of yeast, and stir in sufficient flour to make a thin batter, cover over, and leave the mixture for about 2 hours. By that time it should have fermented and dropped about 1 inch. Then add 1½ ozs. of salt and sufficient water to make the flour into dough. Knead well, and leave dry, cover over with a clean cloth, and let it prove for 1½ hours. Then knead it over, and throw out on to the board, divide into convenient-sized pieces, mould or make up into suitable shaped loaves, prove, and then bake in a moderate oven. The time taken to bake will, of course, depend upon the size of the loaves. A 2-lb. loaf in a moderate oven will take from 20 to 40 minutes, and larger loaves in proportion.

HOME-MADE BREAD (Another Method).

INGREDIENTS.—1 peck of flour, 2 ozs. of compressed or distillery yeast, 1½ ozs. of salt, 3 quarts of water.

METHOD.—Turn the flour into a clean pan, and make a "bay," or hole in the centre. Let the water be about 80° Fahr., or blood-warm, so it feels neither hotter nor colder than the hand when placed in the water. Put the water into a bowl, add the yeast and salt, and stir up well with the hand till dissolved, then turn it into the bay, and make up into rather a stiff dough; knead well, and leave dry, cover over with a clean cloth, and set the pan of dough in a warm place to prove for at least 2 hours, then give it another good kneading and drying over, and leave it for another hour; turn out on to the board, divide into suitable-sized pieces, make into loaves, prove and bake.

HOMINY CROQUETTES (Vegetarian Dish).

INGREDIENTS.—1 breakfastcupful of hominy, 1½ pints of milk, 1 oz. of butter, 2 eggs, salt, cayenne to taste, breadcrumbs, oil for frying.

Method.—Soak the hominy in water all night, and next morning boil it in the milk till tender. Let it cool, add the butter, 1 egg, and seasoning. When quite cold, shape it in balls, egg and breadcrumb each, fry in a saucepan of oil, and serve with tomato or onion sauce.

Time.—To fry the croquettes, 5 minutes. Average Cost, 9*d*. to 10*d*. Sufficient for 4 or 5 persons.

HOMINY FRITTERS (Vegetarian Dish).

Ingredients.—Cold hominy porridge, fat to fry, flour.

Method.—Cut the cold porridge into slices, about 1 inch thick, flour them lightly on both sides, and fry in a frying-pan with butter or oil. Serve hot.

Time.—10 minutes. Average Cost, uncertain.

HOMINY PORRIDGE (Vegetarian Dish).

Ingredients.—Hominy, water, a piece of butter.

Method.—Pour boiling water on the hominy over night, and let it stand until morning. Then add more water if necessary, and boil for at least ½ an hour. Stir in the butter just before serving.

Time.—½ an hour. Average Cost, 2*d*. or 3*d*. Sufficient for 2 persons.

Note.—Hominy is the inner part of the maize and bears about the same relation to maize-meal that coarsely-ground flour does to whole wheat meal. It is not so nourishing, but being less oily it keeps well, and has not the characteristic flavour of maize-meal, which is unpleasant to some persons.

HONEY CAKE.

Ingredients.—½ a breakfastcupful of sugar, 1 breakfastcupful of rich sour cream, 2 breakfastcupfuls of flour, ½ a teaspoonful of carbonate of soda, honey to taste.

Method.—Mix the sugar and cream together, dredge in the flour, add as much honey as will flavour the mixture nicely; stir it well, that all the ingredients may be thoroughly mixed; add the carbonate of soda, and beat the cake well for another 5 minutes. Put it into a buttered tin, and bake it from ½ to ¾ of an hour, and let it be eaten warm.

Time.—½ to ¾ of an hour. Average Cost, 8*d*. Sufficient for 3 or 4 persons.

HONEY PUDDING.

Ingredients.—4 ozs. of honey, 6 ozs. of breadcrumbs, 1 oz. of butter, 1 oz. of florador, 2 eggs, the grated rind of ½ a lemon, ½ a teaspoonful of ground ginger, 1 gill of milk.

Method.—Cook the florador in the milk for 10 minutes, then pour the preparation over the breadcrumbs, add the honey, lemon-rind, ginger, warmed butter, and the yolks of the eggs, and beat well. Whisk the whites stiffly, stir them lightly into the rest of the ingredients, and turn the mixture into a well-buttered plain mould. Steam gently from 1¾ to 2 hours, and serve with a suitable sauce.

Time.—About 2 hours. Average Cost, 9*d*. Sufficient for 5 or 6 persons.

HONEYCOMB CREAM (South African Recipe).

Ingredients.—1 quart of milk, 1 oz. of castor sugar, ½ oz. of gelatine, 3 eggs, vanilla to taste.

Method.—Dissolve the gelatine in a little hot water. Beat the yolks of the eggs until light, and whisk the whites to a stiff froth. Boil the milk, stir in the sugar, add the yolks of eggs and dissolved gelatine, and boil up. Stir in the whites of eggs as lightly as possible, add vanilla to taste, and turn into a mould previously rinsed with cold water. Turn out when firm, and serve with boiled custard or compote of fruit.

TIME.—About 20 minutes. AVERAGE COST, 8*d.* or 9*d.* SUFFICIENT for 1 large mould. SEASONABLE at any time.

HONING KOCK (HONEY CAKE).
(South African Recipe.)

INGREDIENTS.—3 lbs. of flour, 1 lb. of sugar, 1½ pints of honey, 2 teaspoonfuls of ground cinnamon, 1 teaspoonful of ground cloves, ½ a wineglassful of brandy, 1 oz. of potash (bare weight), 1 teaspoonful of carbonate of soda.

METHOD.—Boil the honey and sugar together, stir in the cinnamon, cloves, and potash, remove from the fire and add the brandy. Mix the flour and soda together in a basin, add the contents of the stewpan, and knead well. Roll out thinly, put into buttered tins, and bake in a slow oven for 1 hour. Cut into squares and keep in an air-tight tin. Candied citron peel, shredded, will be found an improvement.

TIME.—To bake, about 1 hour. AVERAGE COST, 3*s.* SUFFICIENT for about 3 cakes. SEASONABLE at any time.

HOP BEER.

INGREDIENTS.—5 ozs. of hops, 8 gallons of water, 2½ lbs. of brown sugar, 3 or 4 tablespoonfuls of yeast.

METHOD.—Boil hops and water together for 45 minutes, add the sugar, and, when dissolved, strain into a bowl or tub. As soon as it is lukewarm add the yeast, let it work for 48 hours, then skim well, and strain into bottles, or a small cask. Cork securely, and let it remain for a few days before using it.

HORSERADISH.

METHOD.—This root scraped is served with hot roast beef, and is also used for garnishing cold roast beef and many kinds of boiled fish. Let the horseradish remain in cold water for 1 hour; wash it well, and with a sharp knife scrape it into very thin shreds, commencing from the thick end of the root. Arrange some of it lightly in a small glass dish, and use the remainder for garnishing the joint; it should be placed in tufts round the border of the dish, with 1 or 2 bunches on the meat.

AVERAGE COST.—2*d.* per stick. SEASONABLE from October to June.

HORSERADISH SAUCE (Cold).

INGREDIENTS.—½ gill of wine vinegar, 2 hard-boiled eggs, 1 oz. of grated horseradish, ½ a teaspoonful of salt, 1 teaspoonful of castor sugar, 1 tablespoonful of cream.

METHOD.—Remove the yolks from the whites of the hard-boiled eggs, put them in a basin, work with a wooden spoon until quite smooth, then add the vinegar gradually, and stir the mixture until it becomes creamy. Add the grated horseradish, sugar, salt, and lastly the cream, stir a little longer, and serve in a sauceboat, or as directed.

TIME.—20 to 30 minutes. AVERAGE COST, 6*d.* to 7*d.*

HORSERADISH SAUCE (Hot).

INGREDIENTS.—2 tablespoonfuls of grated horseradish, ½ pint of Béchamel sauce, ½ a teaspoonful of castor sugar, ½ a teaspoonful of vinegar, cayenne, and salt.

METHOD.—Boil up the sauce, moisten the horseradish with the vinegar, add it to the sauce with the other ingredients. Make the sauce thoroughly hot, but do not boil after the vinegar is added or it will curdle.

TIME.—About 20 minutes. AVERAGE COST, 4*d.* to 6*d.*

HORSERADISH VINEGAR.

INGREDIENTS.—8 ozs. of grated horseradish, 1 tablespoonful of finely-chopped shallots, 1 heaped teaspoonful of salt, ½ a teaspoonful of cayenne, 4 pints of good malt vinegar.

METHOD.—Mix the horseradish, shallots, salt, and cayenne together, boil the vinegar and pour it over them, cover closely, and allow the vessel to stand in a warm but not hot place for 10 days. Strain the vinegar into a stewpan, bring to boiling point, let it cool, then pour into small bottles, cork closely, and store in a cool, dry place.

HOT CROSS BUNS.

INGREDIENTS.—2 lbs. of flour, ½ lb. of sugar, 1 oz. of yeast, 1 pint of warm milk, ½ lb. of butter, 1 lb. of currants, ½ teaspoonful of salt, 1 teaspoonful of mixed spice.

METHOD.—Mix the flour, sugar, spice, and currants ; make a hole in the middle of the flour, put in the yeast and ½ pint of warmed milk ; make a thin batter of the surrounding flour and milk, and set the pan covered before the fire until the leaven begins to ferment. Put to the mass ½ lb. of melted butter, add the salt, and beat well together. Make up into rather a soft paste with all the flour, using a little more warm milk if necessary. Cover this with a clean cloth, and let it once more rise up for ½ an hour. Shape the dough in buns, and lay them apart on buttered tin plates or baking-sheets in rows at least 3 inches apart, to rise for ½ an hour. Place a cross mould on them (this may be done roughly with the back of a knife), and bake in a quick oven from 15 to 20 minutes.

TIME.—15 to 20 minutes, to bake. AVERAGE COST, 1*d.* each. SUFFICIENT to make 2 dozen buns. SEASONABLE on Good Friday.

HOT POT.

INGREDIENTS.—2 lbs. of lean beef, 2 or 3 lbs. of potatoes, ½ lb. of onions, salt and pepper.

METHOD.—Remove the fat from the meat, and cut it into 8 or 10 pieces ; cut the onions into very thin slices, and divide each potato across into 3 or 4 pieces. Put a layer of potato at the bottom of an earthenware dish, then a layer of meat, add a few slices of onion, and season well with salt and pepper. Continue until all the material is used, potato forming the top layer. Fill the dish 3 parts full with cold water, adding more later if the hot pot appears at all dry. Cover with a greased paper, and bake slowly for 2 hours. Serve in the dish in which it is cooked.

TIME.—2 hours, to bake. AVERAGE COST, 1*s.* 10*d.* SUFFICIENT for 7 or 8 persons.

HOT POT (Lancashire).

INGREDIENTS.—2 lbs. of the best end of the neck, 3 sheep's kidneys, 12 sauce oysters, 2 lbs. of potatoes, 1 Spanish onion, salt and pepper, ½ pint of gravy, 1 oz. of butter, stock.

METHOD.—Divide the meat into neat cutlets, trim off the skin and greater part of the fat. Put the short rib bones, the lean trimming of the meat, the beards of the oysters, and a small onion into a stewpan, cover these with cold water, and boil them down for gravy. Grease a fireproof baking-dish, put in a deep layer of sliced potato, on the top of them arrange the cutlets to slightly overlap each other, and on each place 1 or 2 slices of kidney, and an oyster. Season well, put in the remainder of the potatoes, but let the top layer consist of small potatoes cut in halves and uniformly arranged to improve the appearance of the dish. Pour down the side of the dish ½ pint of hot stock or hot water seasoned with salt and pepper. Brush the upper layer of potatoes over with warm butter, cover with a buttered paper, and bake for 2 hours in a moderate oven. The paper must be removed during the latter part of the time to allow the potatoes to become crisp and brown. When ready to serve, pour in a little gravy, and send the rest to table in a tureen. The hot pot must be served in the dish in which it is baked.

Time.—About 2 hours. Average Cost, 4*s*. Sufficient for 5 or 6 persons.

Note.—For a more economical dish, *see* "Hot Pot," made of beef.

HOT POT OF HODGE PODGE (Casserole Cookery).

Ingredients.—1½ lbs. of neck or loin of mutton, 1 lb. of potatoes, 1 good-sized onion, 1 oz. of dripping, ½ pint of good stock, chopped parsley, dried savoury herbs, salt and pepper.

Method.—Wash, peel, and slice the potatoes, peel and cut into slices the onion, par-fry both potatoes and onion separately. Trim the mutton, and cut into conveniently-sized pieces, lightly fry them in a pan containing the dripping. Line a hot pot jar with alternate layers of potatoes, meat, and onion. Season each layer with salt and pepper and a pinch of dried savoury herbs. Moisten with the stock, cover the jar, and place it to cook in a fairly hot oven for about 1½ hours. The stew must cook slowly, and the fat must be carefully removed before the dish is sent to the table. When ready for serving, sprinkle a little chopped parsley on top.

Time.—To cook, about 1½ hours. Average Cost, 1*s*. 8*d*. Sufficient for 4 persons. Seasonable at any time.

Note.—If liked, a handful of cooked peas or a few mushrooms can be added to the stew about ten minutes before serving it. This is an exceedingly popular luncheon or supper dish for those who appreciate an old-fashioned stew. Either mutton, beef, or pork can be used for it, the method of preparation being the same.

HOTCH POTCH.

Ingredients.—2 quarts of water, 2 lbs. of neck of mutton, 1 onion, 1 carrot, ½ a turnip, ½ pint of shelled peas, 1 small cauliflower, 1 good lettuce, 1 teaspoonful of chopped parsley, salt and pepper.

Method.—Cut the meat into neat pieces, put it into a stewpan with a teaspoonful of salt and the cold water, bring slowly to the boil, and skim well. Meanwhile, shred the lettuce finely (taking care to shorten the filaments by cutting them across), cut off the stalk of the cauliflower, and break the flower into small sprigs, cut the turnip, carrot, and onion into dice or cubes. Let the meat simmer gently for 1 hour, then put in the onion, carrot, and lettuce; ½ an hour afterwards add the turnip, peas, and cauliflower, and cook slowly for 1 hour, or until all the vegetables are tender; then add the chopped parsley, season to taste, and serve.

Time.—About 3 hours. Average Cost, 2*s*. to 2*s*. 2*d*. Sufficient for 6 persons. Seasonable in summer.

HOTCH POTCH (Vegetarian Dish).

INGREDIENTS.—3 ozs. of pearl barley, 1 small cabbage, 2 carrots, 1 turnip, 2 onions, parsley and herbs, 2 ozs. of butter, salt and pepper, 3 quarts of water.

METHOD.—Put the barley on the fire with the cold water. Scrape or grate one of the carrots, and put it aside in a little water. Chop all the rest of the vegetables very small, and when the water boils put them in with the butter, salt, and pepper. There should be enough vegetables to make it rather thick. Boil it all for 2 hours, then add the scraped carrots, and boil for another 30 minutes.

TIME.—About 3 hours. AVERAGE COST, 6*d.* SUFFICIENT for 5 or 6 persons.

Note.—Many other vegetables may be added. Lettuce, green peas, and celery when in season.

HUCKLEBERRY CAKE (Canadian Recipe).

INGREDIENTS.—1½ cups of huckleberries, 1 cup of sour milk, ½ a cup of sugar, ¼ of a cup of butter, 1½ cups of flour, 1 egg, ½ a teaspoonful of carbonate of soda, ½ a teaspoonful of salt.

METHOD.—Sieve the salt and flour together, and dissolve the soda in a little warm water. Beat the butter and sugar until white and creamy, stir in the yolk of egg, and add the fruit and flour as lightly as possible. Whisk the white of egg to a stiff froth, stir it and the dissolved soda lightly into the mixture, and pour into well-buttered shallow tins. Bake in a moderately hot oven. If more convenient, new milk and 2 level teaspoonfuls of baking-powder may be used instead of sour milk and soda.

TIME.—About ½ an hour. AVERAGE COST, about 1*s.* SUFFICIENT for 2 cakes. SEASONABLE July to September.

HUCKLEBERRY PUDDING (Canadian Recipe).

INGREDIENTS.—1 pint of huckleberries (known in England as whortleberries), 1 pint of milk, 2 eggs, 6 ozs. of flour (about), ½ a teaspoonful of cream of tartar, ¼ of a teaspoonful of carbonate of soda, ¼ of a teaspoonful of salt.

METHOD.—Mix the cream of tartar and salt with the flour, and dissolve the soda in the milk. Stir the eggs into the flour, add the milk gradually, and beat well. Pick and mash the berries, stir them into the batter, and add the dissolved soda. The batter should be rather thick; a little more flour should therefore be dredged in if the required consistency has not been obtained. Turn into a well-buttered basin, and boil for 1 hour, or steam for 1½ hours. Serve with a sweet sauce.

TIME.—To cook, from 1 to 1½ hours. AVERAGE COST, 10*d.* SUFFICIENT for 1 pudding. SEASONABLE, July to September.

HUNTER PUDDING.

INGREDIENTS.—12 ozs. of flour, 4 ozs. of finely-chopped suet, 6 ozs. of raisins stoned and halved, 3 ozs. of sugar, 1 teaspoonful of baking-powder, ¼ pint of milk or water, salt.

METHOD.—Add the suet, raisins, sugar, baking-powder, and a good pinch of salt to the flour, mix well, and stir in the milk or water. Shape the mixture into 1 large or 2 small rolls, tie in pudding cloths, and boil for about 2 hours. If preferred, the mixture may be made more moist and steamed in a basin.

TIME.—From 2½ to 3 hours. AVERAGE COST, 7*d.* SUFFICIENT for 6 or 7 persons.

ICED CAKE.

Ingredients.—½ lb. of flour, ½ lb. of currants, ½ lb. of sugar, ¼ oz. of mace and cloves, 12 sweet almonds, 6 bitter almonds, ½ lb. of butter, 4 eggs, 1 oz. of mixed peel, 1 teaspoonful of carbonate of soda.

Method.—Blanch and split the almonds, and mix all the dry ingredients together. Warm the butter in a clean basin, add the sugar, and beat to a cream with the hand; add the eggs 1 at a time, beating well after each addition; when all are in, add the other ingredients, well mix, and turn out into a round papered and greased tin. Bake for about 1½ hours. When cold cover with white icing, and decorate to taste.

Time.—1½ hours. Average Cost, 1*s.* 8*d.* Sufficient for 1 cake.

ICED CAKE (Another Method).

Ingredients.—¾ lb. of icing sugar, the whites of 2 eggs, orange-flower water.

Method.—Beat these ingredients as in preceding recipe, and while the cake is still warm, pour and smooth the icing evenly over it; then dry in a moderate heat to harden, but not to colour the icing.

Average Cost.—Icing sugar, 6*d.* per lb.

ICED FRUIT.

Fruit of nearly every description may be iced by first dipping it in beaten white of egg, and afterwards in crushed loaf sugar, the process being repeated until a sufficiently thick coating is obtained. Pineapples should be sliced; pears, peaches, and plums should be halved after removing the skins; cherries, strawberries, and similar fruit are iced with the stems on; and from oranges and lemons every particle of pith is removed before dividing the former into sections and the latter into slices.

ICED ORANGES.

Ingredients.—Oranges, icing sugar, and to each lb. allow 2 stiffly-whipped whites of eggs.

Method.—Remove the rinds and pith carefully, and pass a thread through the centre of each orange. Beat the sugar and whites of eggs together until quite smooth, dip each orange in separately, and tie them securely to a stick. Place the stick across the oven, which must be very cool, and let them remain until dry. If well coated and smoothed with a palette knife they have the appearance of balls of snow.

Time.—2 hours. Average Cost, 1½*d.* each.

ICING, ALMOND, FOR CAKES.

Ingredients.—To 1 lb. of castor sugar allow ¾ lb. of ground sweet almonds, 2 or 3 eggs, a little rose or orange-flower water.

Method.—Weigh the castor sugar and ground almonds into a clean basin, and mix them well together; make a well in the centre, break in the 2 eggs, add a little rosewater, and wet up into a firm paste, using another egg if necessary. Turn the mixture out of the pan on to the board, dusting it over with sugar to prevent it from sticking; then roll it out with a rolling-pin to the size of the cake, place it on top and press smooth with the hand. This quantity of icing would be sufficient for a cake weighing from 2 to 3 lbs.

Time.—¾ of an hour. Average Cost, 1*s.* per lb.

ICING, CHOCOLATE.

Ingredients.—3 ozs. of chocolate, ½ lb. of icing sugar, ½ gill of water.

Method.—Break the chocolate into small pieces, put them into a small stewpan with the water, and stir by the side of the fire until dissolved. Add the icing sugar, stir until well mixed and smooth, then use as required.

Average Cost.—6*d.*

ICING, COFFEE.

Ingredients.—1 lb. of icing sugar or fine castor sugar, 1 gill of cold water, 1 dessertspoonful of coffee essence.

Method.—Put the sugar and water into a stewpan, stir by the side of the fire until it reaches boiling point, and simmer for 4 or 5 minutes. Pour the syrup into a basin, add the coffee essence, and stir until the icing becomes less transparent as it cools. If used before it reaches this point it will have a dull appearance.

Average Cost.—6*d.*

ICING FOR MARBLE CAKE.

Ingredients.—1 teacupful of icing sugar, a little warm water.

Method.—Put some icing sugar into a clean basin, taking sufficient to ice the cakes, which, of course, will always depend upon the thickness put upon them, and pour upon the sugar sufficient boiling water to mix it up into rather a thick cream, beating it up well with a wooden spoon, adding the water gradually to the sugar until the proper consistency is obtained, then use as previously directed.

This icing will dry rather quickly, with a good gloss. It can be flavoured with any kind of essence, and coloured with vegetable colours as may be required.

Time.—½ an hour. Average Cost, icing sugar, 6*d.* per lb. Sufficient for 1 cake.

ICING, ORANGE.

Ingredients.—6 ozs. of icing sugar, the juice of 1 orange.

Method.—Put the sugar and orange-juice into a small stewpan, stir until well mixed and smooth, and pour an equal portion over the top of each tartlet.

Time.—1½ hours. Average Cost, 1*s.*, exclusive of the paste. Sufficient for 10 or 12 tartlets.

ICING, ROYAL.

Ingredients.—½ lb. of icing sugar, 1 teaspoonful of lemon-juice, 1 white of egg.

Method.—Put the white of egg into a basin, add the sugar gradually and work well with a wooden spoon. When the preparation presents a smooth, white, brilliant appearance add the lemon-juice, and use as required.

Average Cost.—4*d.*

ICING, TRANSPARENT.

Ingredients.—1 lb. of loaf sugar, ½ gill of warm water.

Method.—Put the sugar and water into a sugar boiler or stewpan, let it dissolve, then bring to the boil and simmer for about 5 minutes, or until a thick syrup is formed (230° Fahr. on a saccharometer). Pour into a basin, stir until almost cold and setting, then use as required.

Average Cost.—3*d.*

INDIAN CURRY POWDER.

Ingredients.—¼ lb. of coriander seed, ¼ lb. of turmeric, 2 ozs. of cinnamon seed, ½ oz. of cayenne, 1 oz. of mustard, 1 oz. of ground ginger, ½ oz. of allspice, 2 ozs. of fenugreek seed.

Method.—Put all the ingredients into a cool oven, where they should remain for 1 night. Then pound them in a mortar, rub them through a sieve, and mix thoroughly together. Keep the powder in a bottle, from which the air should be completely excluded.

INDIAN FRITTERS.

INGREDIENTS.—3 tablespoonfuls of flour, the yolks of 4 eggs, the whites of 2 eggs, jam or jelly, frying-fat.

METHOD.—Stir into the flour sufficient boiling water (about ½ a gill) to form a stiff smooth paste. Let it cool, then break in the eggs, and beat thoroughly. Fill a dessertspoon with the mixture, form a cavity, fill it with jam or jelly, and afterwards cover completely with the mixture. Fry in hot fat, drain well, and serve immediately.

TIME.—Altogether, about ½ an hour. AVERAGE COST, 5*d.*, exclusive of the jam. SUFFICIENT for 5 or 6 persons.

INDIAN SAUCE.

INGREDIENTS.—¾ pint of stock, 1½ ozs. of butter, 1 tablespoonful of curry-powder, 1 dessertspoonful of flour, 1 teaspoonful of chutney, 1 sour apple sliced, 1 onion sliced, 1 teaspoonful of lemon-juice, salt.

METHOD.—Melt the butter in a stewpan, fry the onion brown, sprinkle in the flour and curry-powder, and cook gently for 10 or 15 minutes. Add the stock, bring to the boil, put in the apple, chutney, and a good pinch of salt, and simmer gently for 20 minutes. Strain, re-heat, add the lemon-juice, and use as required.

TIME.—45 to 50 minutes. AVERAGE COST, 8*d.* to 9*d.*

INVALID'S JELLY (Jewish Recipe).

INGREDIENTS.—½ pint of lemon or orange juice (or half of each), ½ a pint of cold water, 2 yolks of eggs, 6 ozs. of castor sugar, ½ oz. of vegetable isinglass (Iceland moss may be substituted).

METHOD.—Dissolve the isinglass in the water, add the sugar and lemon-juice, and let the mixture cool slightly. When ready, add the yolks of eggs well beaten, pour into a mould previously rinsed with cold water, and put aside until firm. When a less acid jelly is required, equal parts of lemon and orange juice may be preferred to lemon-juice, or water may replace a part of the lemon-juice.

TIME.—To make the jelly, 20 minutes. AVERAGE COST, 1*s.* 3*d.* to 1*s.* 6*d.* SUFFICIENT for a pint mould. SEASONABLE at any time.

IRISH MOSS BLANCMANGE (Invalid Cookery).

INGREDIENTS.—½ pint of milk, 1 tablespoonful of Irish moss, flavouring, salt.

METHOD.—Wash the moss in several waters, and pick it over carefully. Put it into a stewpan with the milk and a pinch of salt, bring to the boil, and simmer for a few minutes, or until it thickens when a little is dropped on a cold plate. Strain and flavour to taste, pour into small moulds previously rinsed with cold water, and when firm turn out and serve.

TIME.—2 hours. AVERAGE COST, 2*d.*

IRISH MOSS JELLY (Invalid Cookery).

INGREDIENTS.—½ oz. of Irish moss, 1 pint of water, ½ glass of sherry, 1 dessertspoonful of lemon-juice, sugar to taste.

METHOD.—Wash the moss thoroughly, and soak it in cold water for 12 hours. Strain, put it into a stewpan with 1 pint of water, and simmer gently for 5 hours, adding more water as evaporation occurs, so as to keep the quantity of liquid to one pint. Strain, sweeten to taste, add the lemon-juice and sherry, and turn into a mould previously rinsed with cold water. Irish moss possesses medicinal properties, but the flavour is somewhat unpalatable, hence the necessity of disguising it with sherry, lemon-juice, or other flavouring ingredients.

Time.—17 hours. Average Cost, 5*d.*

IRISH RABBIT OR RAREBIT.

Ingredients.—4 ozs. of Cheshire or Cheddar cheese, ½ oz. of butter, 2 or 3 tablespoonfuls of milk, 1 dessertspoonful of coarsely-chopped pickled gherkin, vinegar, mustard, pepper, buttered toast.

Method.—Put the butter, milk, and cheese, cut into small pieces, into a saucepan, stir by the side of the fire until the ingredients become creamy, then add vinegar, made mustard, and pepper to taste, and lastly the gherkin. Have ready some squares of hot well-buttered toast, pour on the preparation, and serve quickly.

Time.—10 minutes. Average Cost, about 6*d.* Sufficient for 2 persons, or 6 or 7 small savouries. Seasonable at any time.

IRISH STEW.

Ingredients.—3 lbs. of neck of mutton, 4 lbs. of potatoes, 1 large onion, 12 button onions, 1½ pints of stock or water, salt and pepper, a little finely-chopped parsley.

Method.—Cut the meat into pieces convenient for serving, and trim off some of the fat. Wash, peel, and slice the potatoes and the large onion, peel the button onions and blanch them. Put a layer of potatoes at the bottom of a stewpan, cover these with a layer of meat, add a slice or two of onion, and season well with salt and pepper. Repeat until all the materials are used; the top layer must consist of potato, and the button onions should be interspersed. Add the stock or water and when it comes to the boil skim well, but unless the meat be very fat very little subsequent skimming is needed, as the potatoes absorb the greater part melted out of the meat. The stewpan must be kept covered, and the contents cooked gently for about 1½ hours, or until the potatoes are thoroughly cooked and the stew loses its watery appearance. If liked, a teaspoonful of mushroom or walnut ketchup may be added before serving. Pile in the centre of a hot dish, sprinkle on a little chopped parsley, and serve.

Time.—From 2 to 3 hours. Average Cost, 2*s.* 6*d.* to 2*s.* 9*d.* Sufficient for 6 or 7 persons.

IRISH STEW (From Tinned Mutton).

Ingredients.—2 lbs. of tinned mutton, 2 large onions, 2 lbs. of potatoes, ¾ pint of stock or water, salt and pepper.

Method.—Cut the meat into pieces convenient for serving; cut the potatoes into thick slices, and the onions into very thin slices. Take a saucepan with a close-fitting lid, and in it place the potato and onion in alternate layers; sprinkle each layer with salt and pepper, pour in the stock, and cook the ingredients very gently for about 1½ hours. By this time the potato and onion should be cooked, and as the meat requires no further cooking, but simply heating, it should be put into the saucepan and well mixed with the onion and potato, and served as soon as it has become thoroughly hot.

TIME.—About 1¾ hours. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 4 or 5 persons.

ISINGLASS BLANCMANGE.

INGREDIENTS.—1 oz. of patent isinglass, sugar to taste, ½ pint of cream, 1 pint of milk, 1 wineglassful of sherry, 2 or 3 thin strips of lemon-rind.

METHOD.—Soak the isinglass and lemon-rind in the milk for 2 hours, then simmer gently for 20 minutes. Strain, replace in the stewpan, add the cream, sweeten to taste, and boil up. When cool, stir in the cream, and turn into a mould rinsed with cold water.

TIME.—About 3 hours. AVERAGE COST, 1*s.* 9*d.* SUFFICIENT for 5 or 6 persons.

ISINGLASS JELLY.

INGREDIENTS.—1 oz. of patent isinglass, 5 ozs. of loaf sugar, the finely-pared rind and strained juice of 2 lemons, the stiffly-whisked whites and crushed shells of 2 eggs, ½ pint of sherry, ½ pint of cold water, 1 pint of boiling water.

METHOD.—Follow the directions given for making Gelatine Jelly.

TIME.—About 1 hour. AVERAGE COST, 1*s.* 9*d.* SUFFICIENT for 1 quart.

ITALIAN CREAM.

INGREDIENTS.—½ pint of cream, ½ pint of milk, 1 oz. of gelatine, sugar to taste, the yolks of 4 eggs, the thin rind and strained juice of 1 lemon.

METHOD.—Soak the gelatine in a little cold water for ½ an hour, and afterwards stir it over the fire until dissolved. Boil up the milk, infuse the lemon-rind for 20 minutes, then add the gelatine, yolks of eggs, lemon-juice, and sugar to taste. Stir by the side of the fire until the mixture thickens, then strain, and, when cool, stir in the stiffly-whipped cream. The preparation may be turned into a mould and put aside until set, or it may be at once served in a glass dish or jelly-glasses.

TIME.—About 1 hour. AVERAGE COST, 1*s.* 8*d.* SUFFICIENT for 5 or 6 persons.

ITALIAN MACARONI PIE.

INGREDIENTS.—¾ lb. of cold beef, or mutton, ½ an onion, 3 or 4 tomatoes, ¼ lb. of macaroni, breadcrumbs, grated cheese, stock, salt, pepper, nutmeg.

METHOD.—Cut the beef or mutton into thin slices, peel the onion and slice it thinly, slice the tomatoes, and boil the macaroni in slightly salted water until tender. Cool and drain the macaroni, and cut it up into small pieces. Line a buttered baking-dish with macaroni, and arrange the meat, onion, and tomato slices in layers on the baking-dish. Season with salt, pepper, and nutmeg, pour over a little stock, and cover the top with macaroni. Sprinkle over some breadcrumbs and grated cheese, and bake for about 20 minutes in a hot oven.

TIME.—To bake, 20 minutes. AVERAGE COST, 2*s.* SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

ITALIAN PUDDING.

INGREDIENTS.—1 oz. of crumbled cake, 1 oz. of breadcrumbs, 6 macaroons pounded, 1 oz. of shredded candied peel, ½ oz. of sultanas, ½ oz. of pistachios shredded, the yolks of 5 eggs and the whites of 2 eggs, 1 tablespoonful of rum or brandy.

METHOD.—Mix all the ingredients well together, turn the mixture into a well-buttered mould, and steam gently from 1 to 1¼ hours. Serve with custard sauce.

Time.—From 1½ to 2½ hours. Average Cost, 1*s.* 3*d.* Sufficient for 5 or 6 persons.

ITALIAN SAUCE.

Ingredients.—½ pint of Espagnole sauce, 4 small shallots chopped, 4 fresh mushrooms coarsely chopped, 1 sprig of thyme, 1 bay-leaf, a tablespoonful of sweet oil, 1 glass of chablis, ½ gill of stock.

Method.—Put the shallots in a small piece of muslin, and squeeze them in cold water to extract some of the flavour, then place them in a stewpan with the oil, cook for a few minutes, but do not brown. Add the wine, mushrooms, herbs, and stock, reduce well, and add the Espagnole. Boil for 10 minutes, take out the herbs, skim off the oil, and serve.

Time.—From 25 to 30 minutes. Average Cost, 1*s.* 1*d.* to 1*s.* 3*d.*

IVORY JELLY.

Ingredients.—4 ozs. of ivory dust (to be obtained from first-class grocers), 1 wineglassful of sherry, 1 clove, 1 bay-leaf, 1 blade of mace, sugar to taste, 1 quart of water.

Method.—Put all the ingredients, except the wine and sugar, into a stewpan, and simmer gently until reduced to 1 pint. Strain through a jelly bag, when cold and set remove the sediment, re-heat the jelly, add the wine and sugar to taste, strain into a mould, and put aside until set.

Time.—About 12 hours. Average Cost, uncertain. Sufficient for a pint mould.

JACOB PUDDING (Jewish Recipe).

Ingredients.—4 ozs. of fruit jam or marmalade, 3 or 4 slices of bread and butter, 2 eggs, 1 pint of milk, salt.

Method.—Cut the bread and butter into fingers, spread them thickly with jam or marmalade, and place them lattice-fashion in a buttered piedish. Beat the eggs well, add a pinch of salt, and the milk, and pour the whole slowly over the bread, etc. Let the dish stand covered for at least 1 hour, then bake in a moderate oven for about 40 minutes, and serve.

Time.—About 2 hours. Average Cost, 7*d.* to 9*d.* Sufficient for 3 or 4 persons. Seasonable at any time.

JAM OMELET

(*See* **Sweet Omelet**).

JAM SAUCE.

Ingredients.—1 good tablespoonful of apricot, raspberry, or other jam, ¼ pint of water, ½ a teaspoonful of lemon-juice, sugar to taste, carmine or cochineal, if necessary.

Method.—Put the water and jam into a small saucepan, add sugar to taste, and make thoroughly hot. Put in the lemon-juice, and a few drops of colouring, if necessary strain, and serve with sweet puddings, etc.

Time.—10 minutes. Average Cost, 2*d.* to 3*d.*

JAUNEMANGE.

Ingredients.—The yolks of 6 eggs, 1 oz. of gelatine, sugar to taste, the thin rind and strained juice of 1 large lemon, ½ pint of white wine, 1 pint of water.

Method.—Soak the gelatine in the water for ½ an hour, then add the lemon-rind, and simmer gently until the gelatine is dissolved.

Strain into a jug containing the yolks of eggs, add the wine and lemon-juice, and sweeten to taste. Place the jug in a saucepan of boiling water, stir until the contents thicken, and, when cool, pour into a mould rinsed with cold water.

Time.—About 1 hour. Average Cost, 1*s.* 3*d.* to 1*s.* 6*d.* Sufficient for about 1 quart.

JELLY, POLISH STYLE.

Ingredients.—1½ pints of Maraschino jelly, 1 pint of milk, 1 oz. of sugar, ½ oz. of cornflour, ¼ oz. of gelatine, 2 yolks of eggs, 1 tablespoonful of Maraschino, ½ a teaspoonful of vanilla essence.

Method.—Mix the cornflour smoothly with a little milk, boil the remainder, and add to it the sugar and the blended cornflour and milk. Stir and boil for 2 or 3 minutes, then add the gelatine, previously softened in a little cold water. Simmer gently until it dissolves, and allow the mixture to cool a little. Now add the beaten yolks of eggs, and stir by the side of the fire until they thicken, then strain the preparation into a basin, and stir in the Maraschino and vanilla essence. Pour into a flat-bottomed mould, let it set on ice, and cut into diamond blocks of uniform size. Set these in a fancy border mould in layers with jelly, arranging them symmetrically.

Time.—From 3½ to 4 hours, altogether. Average Cost, 2*s.* Sufficient for 1 medium-sized mould.

JELLY WITH BANANAS.

Ingredients.—6 or 8 bananas, 1 pint of lemon or wine jelly.

Method.—Remove the skins from the bananas as required, as they so quickly discolour. Cut them into rather thin slices, and arrange them in jelly as directed in the recipe for Jelly with Oranges. The greatest care must be taken to have the layers of fruit and the spaces of jelly between them uniform.

Time.—From 1 to 1¼ hours. Average Cost, 1*s.* 6*d.* to 1*s.* 9*d.* Sufficient for 1 medium-sized mould.

JELLY WITH CREAM.

Ingredients.—1 pint of red jelly (claret or port), ¼ oz. each of preserved ginger, apricots, angelica, and cherries, all shredded, ½ oz. of gelatine, ½ pint of stiffly-whipped cream.

Method.—Place a deep layer of jelly at the bottom of a plain mould, let it set firmly, put in a small round mould, or tumbler with straight sides, and fill the outer space with cold liquid jelly. When firm, take away the mould or glass; this may be easily done by filling it for a minute or so with warm water. Dissolve the gelatine in a little hot water, when slightly cooled add it to the cream, stir in the fruits, and turn the whole into the prepared mould.

Time.—Without ice, 5 or 6 hours. Average Cost, 2*s.* 9*d.* Sufficient for 5 or 6 persons.

JELLY WITH FRUIT.

Ingredients.—1½ pints of lemon or wine jelly, mixed fruit, such as grapes, strawberries, red and white currants, small slices or dice of pineapple, peaches and apricots.

Method.—Rinse the mould with cold water, place it in a basin or shallow pan of broken ice, cover the bottom with a thin layer of cool jelly, and let it set. Add some of the fruit, contrasting the colours carefully, cover with jelly, and leave it to stiffen. Repeat until the mould is full, taking care that each layer is firmly fixed before adding another. Turn out when set and serve.

TIME.—About 1 hour. AVERAGE COST, from 2*s*. 3*d*. to 3*s*. 6*d*. SUFFICIENT for 1 large mould.

JELLY WITH ORANGES.

INGREDIENTS. — 6 Tangerine oranges, 1 pint of lemon or wine jelly.

METHOD.—Peel the oranges, remove every particle of pith, and divide them into sections. Cover the bottom of a charlotte mould with a little cool jelly, let it set, then arrange sections of orange neatly overlapping each other round the mould. Cover with more jelly, let it set, then add another layer of oranges, and repeat until the mould is full.

TIME.—From 1 to 1¼ hours, when ice is used. AVERAGE COST, 1*s*. 6*d*. to 1*s*. 9*d*. SUFFICIENT for 1 medium-sized mould. SEASONABLE from November to August.

JELLY WITH RAISINS.

INGREDIENTS.—Wine or lemon jelly, Valencia raisins stoned.

METHOD.—The raisins may be placed in the jelly according to the directions given in Jelly with Bananas, or Jelly with Fruit.

TIME.—Without ice, 5 or 6 hours. AVERAGE COST, 1*s*. 6*d*. to 2*s*., according to size.

JENNY LIND PUDDING.

INGREDIENTS.—3 or 4 stale sponge cakes, 3 or 4 cocoanut cakes, 12 ratafias, 2 eggs, 1 pint of milk, sugar, 1 tablespoonful of desiccated cocoanut.

METHOD.—Slice the sponge cakes, and place them in a buttered pie-dish interspersed with the cocoanut cakes and ratafias. Simmer the cocoanut in the milk for 20 minutes, cool slightly, add the eggs, and sugar to taste, and stir by the side of the fire for a few minutes. Pour the custard into the pie-dish, bake gently until set, then serve either hot or cold.

TIME.—About 50 minutes. AVERAGE COST, 1*s*. to 1*s*. 3*d*. SUFFICIENT for 5 or 6 persons.

JOHNNY CAKE.

INGREDIENTS.—1 teacupful of flour, 1 teacupful of Indian yellow meal, 1 teacupful of milk, 1 cupful of water, 1 tablespoonful of brown sugar, 1 teaspoonful of baking-powder, a pinch of salt, 2 eggs.

METHOD.—The milk may be either sour or fresh. Mix the dry and the wet ingredients in separate bowls, then put them together, mix well, pour into a buttered tin, and bake for ½ an hour or more in a quick oven.

TIME.—½ an hour or longer. AVERAGE COST, 4*d*. SUFFICIENT for 1 cake.

JOHN DORY.

METHOD.—This fish, which is esteemed by most people a great delicacy, is dressed in the same way as a turbot, which it resembles in firmness, but not in richness. Cleanse it thoroughly, cut off the fins but not the head, which is considered a delicacy, lay it in a fish-kettle, cover with warm water, and add salt to taste. Bring it gradually to near boiling point, and simmer gently for 15 minutes, or rather longer, should the fish be very large. Serve on a hot napkin, and garnish with cut lemon and parsley. Lobster, anchovy, or shrimp sauce, and plain melted butter should be sent to table with it.

TIME.—After the water boils,

¼ to ½ an hour, according to size. Average Cost, 1*s.* to 3*s.* Sufficient for 6 or 7 persons. Seasonable all the year, but best from September to January.

Note.—Small John Dorys are excellent baked.

JOMBALAYAH (American Dish).

Ingredients.—4 ozs. of Patna rice, 4 ozs. of cooked ham, 1 lettuce, cayenne pepper, pepper and salt.

Method.—Pick and wash the rice, put it into a large stewpan of rapidly boiling salted water, boil until tender, and dry well (*see* Rice for Curry). Chop the ham finely, add it to the rice when cold, season highly, and serve with lettuce leaves round the dish, and the heart in the centre. Usually served as a cold breakfast dish.

Time.—About 1 hour. Average Cost, 8*d.* Sufficient for 2 or 3 persons. Seasonable at any time.

JUGGED GRAVY (Excellent).

Ingredients.—3 pints of water, 2 lbs. of shin of beef, ¼ lb. of lean ham, 1 small carrot, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), a blade of mace, 6 peppercorns, 1 clove, salt.

Method.—Cut the ham and beef into small pieces, and slice the vegetables. Put them into a stewing-jar in alternate layers, sprinkle each layer with salt, add the peppercorns, mace, bouquet-garni, and water, cover closely, and tie 3 or 4 folds of well greased paper on the top to keep in the steam. Place the jar in a rather cool oven, and cook gently for 6 hours, then strain, and when cold remove the fat. Re-heat, and serve with any dish that requires good gravy.

Time.—About 6½ hours. Average Cost, 1*s.* 6*d.* to 1*s.* 8*d.* Quantity, about 1 quart.

JULIENNE SOUP (Vegetarian).

Ingredients.—1 quart of clarified vegetable stock, turnip, carrot, celery, onion, salt and pepper, mushroom ketchup, walnut ketchup, sherry, if liked.

Method. — Cut the vegetables into fine strips about the size and shape of a small match, and boil them separately until tender, but not broken. Have the stock ready boiling, add salt, pepper, very little ketchup, and sherry to taste, put in the prepared vegetables, cook for 15 minutes and serve.

Time.—From 40 to 50 minutes. Average Cost, 6*d.* Sufficient for 3 or 4 persons.

JUMBLES (American Recipe).

Ingredients.—14 ozs. of flour, 5 ozs. of sugar, 3 ozs. of butter, 1 egg, the finely-grated rind and juice of 1 lemon, 3 teaspoonfuls of milk, 1 teaspoonful of cream of tartar, ½ a teaspoonful of carbonate of soda.

Method.—Beat the butter and sugar to a cream, add the egg, milk, lemon-juice, and rind. Sieve the flour, cream of tartar, and soda, and mix with the other ingredients. Roll out rather thinly and cut into rounds, or cut into long, narrow strips, which, after being lightly pressed into a round shape with the palm of the hand, should be wound round and round to form small cakes. Bake in a quick oven.

Time.—To bake, about 10 minutes. Average Cost, 9*d.* to 10*d.* Sufficient for about 1½ lbs. of jumbles. Seasonable at any time.

JUNKET.

Ingredients.—1 pint of milk, junket powder, or 1 dessertspoonful of essence of rennet, 1 teaspoonful of castor sugar.

METHOD.—Warm the milk (the exact temperature should be 98° F., the natural heat of the milk), put it into the bowl or deep dish in which it will be served, add the sugar, and stir in the rennet or junket powder. Let it remain in a moderately warm place until set. The amount of junket powder required is stated on the wrapper; its use may be recommended in preference to the liquid essence, which, in consequence of its varying strength, is uncertain in its results.

TIME. — About 1½ hours, to coagulate the milk. AVERAGE COST, 4*d*. SUFFICIENT for 3 or 4 persons.

KAISER PUDDING.

INGREDIENTS.—2 ozs. of ground almonds, sugar to taste, 3 eggs, ½ pint of cream, 1 dessertspoonful of orange-juice, blanched almonds, shredded candied peel.

METHOD.—Separate and beat the yolks of the eggs, add 1 tablespoonful of castor sugar, the ground almonds and the cream gradually. Whisk the whites stiffly, stir them lightly in, and add more sugar if necessary. Have ready a mould well buttered and lightly covered with shredded almonds and candied peel, then pour in the mixture. Steam gently for 1½ hours, and serve with a suitable sauce.

TIME.—2 hours. AVERAGE COST, 1*s*. 9*d*. SUFFICIENT for 4 or 5 persons.

KANGAROO TAIL, CURRIED (Australian Dish).

INGREDIENTS.—1 tail, 2 ozs. of butter. 1 tablespoonful of flour, 1 tablespoonful of curry-powder, 2 onions sliced, 1 sour apple cut into dice, 1 dessertspoonful of lemon - juice, ¾ pint of stock, salt.

METHOD.—Wash, blanch, and dry the tail thoroughly, and divide it at the joints. Fry the tail lightly in hot butter, take it up, put in the sliced onions, and fry them for 3 or 4 minutes without browning. Sprinkle in the flour and curry-powder, and cook gently for at least 20 minutes, stirring frequently. Add the stock, apple, salt to taste, bring to the boil, stirring meanwhile, and replace the tail in the stewpan. Cover closely, and cook gently until tender, then add the lemon-juice and more seasoning if necessary. Arrange the pieces of tail on a hot dish, strain the sauce over, and serve with boiled rice.

KANGAROO TAIL, FRICASSÉE OF (Australian Dish).

INGREDIENTS.—1 tail, 2 ozs. of butter, 1 oz. of flour, 1 onion sliced, 1 carrot sliced, ½ a small turnip sliced, 2 or 3 sprigs of parsley, 1 bay-leaf, 2 cloves, 1 blade of mace, 1 dessertspoonful of lemon-juice, salt and pepper, stock or water.

METHOD.—Divide the tail at each joint, cover with cold water, bring to the boil, then drain and dry well. Fry the joints lightly in hot butter, then take them up and stir in the flour. Fry until well browned, add the stock, and stir until it boils, then put back the tail, and add the vegetables, herbs, and spices. Season to taste, cover closely, and simmer gently until tender. Arrange the pieces of tail neatly on a hot dish, strain the sauce over, and serve.

TIME.—3 hours.

KANGAROO TAIL SOUP (Australian Dish).

INGREDIENTS.—1 tail, 2 lbs. of gravy beef, 4 ozs. of butter, 1½ ozs. of flour, 3 quarts of water, 1 carrot, 1 onion, 2 or 3 sprigs of parsley, 1 bay-leaf, salt and pepper.

METHOD.—Prepare and slice the vegetables, wash the tail and divide it at the joints. Heat the butter in a stewpan, fry the tail until well browned, then remove it and fry the meat, previously cut into rather thin slices. Strain off the butter and put it aside until required. Replace the tail in the stewpan, add the water and ½ a teaspoonful of salt, and bring to the boil. Skim well, put in the prepared vegetables, parsley, bay-leaf, and a good seasoning of pepper, cover closely, and simmer gently for 4 hours, skimming when necessary. Strain; if convenient let the liquor stand until quite cold and remove every particle of fat from the surface. Re-heat the butter used for frying, adding more if necessary, stir in the flour, and cook for 3 or 4 minutes. Add the stock, bring to the boil, put in a few pieces of the tail, season to taste, make thoroughly hot, and serve.

TIME.—About 35 minutes. AVERAGE COST, 1*s.* 6*d.* to 1*s.* 8*d.* SUFFICIENT for 5 or 6 persons.

KEBOBS (From Tinned Meat).

INGREDIENTS.—1 lb. of tinned meat, 1 medium-sized onion finely chopped, 1 dessertspoonful of curry powder, 1 egg, salt and pepper, flour, dripping.

METHOD.—Mince the meat finely, stir in the onion, curry-powder, pepper and salt to taste, and the egg. Form into small balls or flat cakes, roll lightly in flour, and fry in hot dripping until nicely browned. Plainly boiled rice and chutney usually accompany this dish.

KEDGEREE.

INGREDIENTS.—Any cold fish (dried haddock is generally preferred); to 1 lb. of fish allow ¼ lb. of rice, 2 hard boiled eggs, 2 ozs. of butter, salt and pepper, cayenne.

METHOD.—Boil and dry the rice, divide the fish into small flakes, cut the whites of the eggs into slices, and rub the yolks through a wire sieve. Melt the butter in a stewpan, add to it the fish, rice, whites of eggs, salt, pepper, and cayenne, and stir the ingredients over the fire until hot. Turn the mixture on to a hot dish, press it into a pyramidical form with a fork, decorate with the yolk of egg, and serve as hot as possible.

TIME.—From 40 to 50 minutes. AVERAGE COST, 10*d.* to 1*s.* 2*d.* Allow 1 lb. of fish for 5 or 6 persons. SEASONABLE at any time.

KIDGEREE (Indian Recipe).

INGREDIENTS.—4 ozs. of rice, 4 ozs. of dhâl, 4 ozs. of onions, 4 ozs. of ghee, a few slices of green ginger, peppercorns, cloves, cardamoms, cinnamon, salt.

METHOD.—Cut the onions across into rings, fry them in the hot ghee until nicely browned, then remove them and keep them hot and crisp. Add the dhâl and rice, previously washed and dried, to the ghee, cook gently until all the ghee is absorbed, then barely cover with stock or water and add the ginger and peppercorns, cloves, etc., to taste. Cook very slowly until quite dry, and serve garnished with the fried onions.

TIME.—45 minutes. AVERAGE COST, 1*s.* SUFFICIENT for 1 dish.

KIDNEY BEANS

(*See* **Beans, French**).

KIDNEY, FRIED.

Ingredients.—Sheeps' kidneys, butter, salt and pepper.

Method.—Cut the kidneys open lengthwise, but without quite dividing them, and remove the skins. Run a skewer through them to keep them flat, place the kidneys, cut side down, in a frying-pan containing a little hot butter, and fry quickly on both sides. Season with salt and pepper, pour a little hot gravy round them and serve as hot as possible.

Time.—5 or 6 minutes. Average Cost, 3*d.* each. Sufficient, 1 for each person. Seasonable at any time.

KIDNEY, FRIED (Beef).

Ingredients.—1 lb. of ox kidney, 2 ozs. of butter, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of lemon-juice, salt, cayenne, flour.

Method.—Cut the kidney into slices about ¼ of an inch thick, and remove the core. Make the butter hot in a sauté-pan, mix 1 tablespoonful of flour, ½ a teaspoonful of salt, and ¼ of a teaspoonful of pepper together on a plate, dip the slices of kidney in the mixture, and fry them gently in the butter for about 20 minutes, turning them 2 or 3 times, and keeping the sauté-pan covered. Have ready a very hot dish, arrange the kidney neatly in two rows, add the lemon-juice, parsley, and a pinch of cayenne to the butter in the sauté-pan, and pour over the kidney. Serve as hot as possible.

Time.—From 30 to 35 minutes, to prepare and cook. Average Cost, 1*s.* 3*d.* Sufficient for 4 or 5 persons.

KIDNEY SAUCE.

Ingredients.—¼ lb. of ox kidney, ½ pint of stock or water, ½ oz. of butter, 1 dessertspoonful of flour, salt and pepper.

Method.—Remove every particle of fat, and cut the kidney into small pieces. Melt the butter, fry the kidney for a few minutes, then sprinkle in the flour. Stir and cook until the flour is lightly browned, then add the stock and season to taste. Bring to the boil, simmer gently for 20 minutes, then strain and serve.

Time.—35 to 45 minutes. Average Cost, 3*d.* without the stock.

KIDNEY SOUP.

Ingredients.—3 pints of second stock or water, ½ lb. of ox kidney, ½ lb. of lean beef, 1 oz. of butter, 1 oz. of flour, 1 tablespoonful of coarsely-chopped onion, ½ a tablespoonful of chopped parsley, salt and pepper.

Method.—Cut the meat and kidney into very small pieces. Melt the butter in a stewpan, and fry the meat, kidney, parsley, and onion until brown. Put in the stock or water, salt and pepper, bring to the boil, skim well, then cover and simmer gently for 3 hours. Strain, pound the meat if convenient; if not, rub as much as possible of it through a wire sieve. Return the soup to the saucepan, and when boiling add the purée of meat, and the flour (previously mixed smoothly with a little water), simmer for a few minutes, and serve. If preferred, the soup may be garnished with a little carrot and turnip, cooked and cut into some small fancy shape.

Time.—From 4 to 4½ hours. Average Cost, 10*d.* to 1*s.* Sufficient for 4 persons. Seasonable at any time.

SAVOURIES AND SUPPER DISHES.

1. Savoury Croûtes. 2. Grilled Oysters. 3. Scotch Haricot.

SUPPER DISHES.

1. Savoury Mince Croustades. 2. Beef Polantine. 3. Fish Kedgeree.

KIDNEY, STEWED.

INGREDIENTS.—1 lb. of ox kidney, 1 pint of water, 1 oz. of beef dripping, 1 oz. of butter, 1½ ozs. of flour, 1 finely-chopped small onion, salt and pepper, flour.

METHOD.—Cut the kidney into slices about ¼ of an inch thick, and remove the core. Make the dripping hot in a stewpan, season a tablespoonful of flour with ½ a teaspoonful of salt, and a ¼ of a teaspoonful of pepper, dip the slices of kidney in the mixture, and fry them in the hot fat until browned on both sides, and at the same time fry the onion. Drain away the fat, add 1 pint of nearly boiling stock or water, a little salt and pepper, cover closely, and simmer very slowly for 1 hour. Knead the butter and flour smoothly together, add it in small portions to the contents of the stewpan, cook for 20 minutes longer, or until the kidney is perfectly tender. Arrange the slices of kidney neatly on a hot dish, season the sauce to taste, and strain it over. When intended for luncheon the kidney may be served within a border of mashed potato, and the dish garnished with small cooked tomatoes. For breakfast it may be varied by the addition of small rolls of fried bacon, poached eggs, or sippets of either toasted or fried bread.

TIME.—About 1½ hours. AVERAGE COST, 1*s.* 2*d.* SUFFICIENT for about 4 persons.

KIDNEY TOAST.

INGREDIENTS.—2 sheep's kidneys or ½ lb. of bullock's kidney, 1 oz. of butter, ½ a teaspoonful of lemon-juice, cayenne, pepper, salt, 2 slices of hot buttered toast.

METHOD.—Stew the kidneys in a little stock or water until tender, remove the skin and gristle, and pound them in a mortar until quite smooth. Add the butter, lemon-juice, a good pinch of cayenne, and salt and pepper to taste, and pass the mixture through a wire sieve. Spread lightly on the prepared toast, make thoroughly hot in the oven, then serve.

TIME.—From 1½ to 2 hours. AVERAGE COST, 9*d.* to 11*d.* SUFFICIENT for 3 or 4 persons.

KIDNEYS AND OYSTERS.

INGREDIENTS.—Grilled kidneys, oysters, salt and pepper, croûtes.

METHOD.—Blanch the oysters in their own liquor, taking care that they are not overcooked. Place 2 or 3 on the top of each half of grilled kidney, season lightly with salt and pepper, and serve on the croûtes.

TIME.—To blanch the oysters, 1 minute. AVERAGE COST, kidneys, 3*d.* to 4*d.* each; oysters, 1*s.* 6*d.* to 2*s.* 6*d.* per dozen. Allow 1 kidney and 4 or 6 oysters to each person. SEASONABLE from September to April.

KIDNEYS, BROILED OR GRILLED.

INGREDIENTS.—Sheeps' kidneys, salt and pepper, salad-oil or oiled butter.

METHOD. — Split the kidneys lengthwise down to the root, remove the skin, turn each half back, and run a skewer through them to keep them flat. Brush over with salad-oil or oiled butter, and broil quickly over a clear fire, taking care to cook the cut side first. Remove the skewers, sprinkle with salt and pepper, and serve as hot as possible.

TIME.—5 to 6 minutes. AVERAGE COST, 3*d.* each. SUFFICIENT, 1 to each person. SEASONABLE at any time.

Note.—See "Kidneys, Grilled," also recipes for cooking ox-kidney.

KIDNEYS, CURRIED (Tinned Food).

Ingredients.—1 tin of stewed kidneys, 1 tin of devilled ham, ⅓ pint of curry sauce, or use a small tin of curry sauce, croûtes of toasted bread.

Method.—Heat the kidneys in the curry sauce, and meanwhile prepare the croûtes of toasted bread, and spread them thickly with devilled ham (a rasher of bacon or potted ham may be substituted). Serve the kidneys on the toast, and, if liked, the dish may be accompanied by chutney.

Time.—About 20 minutes. Average Cost, about 2*s.* 6*d.* Sufficient for 6 or 8 persons.

KIDNEYS, GRILLED.

Ingredients. — Kidneys, croûtons of fried bread or buttered toast, salad-oil or oiled butter, maître d'hôtel butter.

Method.—Cover the kidneys with boiling water, and let them remain in it for 2 minutes. Drain, dry, remove the skin, split in two lengthwise, but without detaching the halves. Pass a steel skewer through them, to keep them open, brush over with salad-oil or oiled butter, season with salt and pepper, and grill them over a clear fire, cooking the cut side first. Time required for cooking depends upon the size of the kidney and individual taste: 5 minutes will be found sufficient for a small kidney, and 8 minutes for a large one; kidneys are almost uneatable when over-cooked. Have the croûtons ready and as hot as possible, place a kidney on each with a small pat of Maître d'Hôtel butter in the centre of each kidney. Serve at once.

Time.—To grill, from 5 to 8 minutes. Average Cost, 3*d.* to 4*d.* each. Sufficient, 1 to each person.

KIDNEYS, SAUTÉD.

Ingredients.—3 sheep's kidneys, 1 oz. of butter, ¼ pint of brown sauce, 1 tablespoonful of sherry, 1 shallot finely chopped, salt and pepper.

Method.—Immerse the kidneys in boiling water for 2 minutes, drain, dry, remove the skins and cores, and cut them into ¼-inch slices. Heat the butter in a sauté-pan, fry the shallot slightly, put in the sliced kidney, and shake or toss over the fire for 3 or 4 minutes. Drain off a little of the butter, add the brown sauce, sherry, salt and pepper, stir by the side of the fire until thoroughly hot, but do not let the mixture boil. Serve as hot as possible.

Time.—About 5 or 6 minutes. Average Cost, 3*d.* or 4*d.* each. Sufficient, 1 kidney to each person.

KIPPERED HERRINGS.

Ingredients.—Kippered herrings, butter.

Method.—If the herrings are fresh and moist, simply immerse them for 1 minute in hot water: but if at all dry or over-smoked, soak them for about 1 hour, being careful in either case afterwards to wipe them dry. Rub the inner side with butter, grill quickly over or in front of a clear fire, spread on a little cold butter, then serve.

Time.—To broil the herrings, from 3 to 4 minutes. Average Cost, from 3*d.* to 4*d.* per pair. Allow 1 to each person. Seasonable, all the year.

KOHL-RABI, STEWED.

Ingredients. — 1 large kohl-rabi, or 2 small ones, 2 ozs. of butter, ½ oz. of flour, ½ pint of milk, nutmeg, salt and pepper.

Method.—Pick out the most tender leaves, which put aside to be afterwards boiled, drained, and tossed in ½ oz. of butter. Peel and quarter the root, cover it with boiling salted water, boil gently until tender, and drain well. Heat the remaining 1½ ozs. of butter, add the flour, cook for 4 or 5 minutes without browning, add the milk, and stir until boiling. Season to taste, add a little nutmeg, put in the quarters of root, and let them remain until thoroughly hot. Serve with the sauce poured over, garnished with the leaves prepared as directed above.

KUBAB FOWL (Indian Recipe).

Ingredients.—1 fowl, 2 ozs. of ghee or other fat, 2 ozs. of coriander seeds, 2 ozs. of green ginger, ¼ of a teaspoonful of green cloves, ¼ of a teaspoonful of ground cardamoms, ½ a teaspoonful of turmeric, ½ a teaspoonful of salt, ¼ of a teaspoonful of black pepper, 2 onions sliced, ¼ pint of stock, ¼ pint of cream.

Method.—Prepare the fowl, truss it for roasting, and prick it all over with a steel skewer or fork. Roast the coriander seed, crush it with the cloves, cardamoms, ginger, pepper, and salt to a fine powder, and rub the mixture well into the fowl. Heat the ghee in a stewpan, fry the onions until lightly browned, then sprinkle in the turmeric, add the cream and stock, and stir until it boils. Place the fowl in the stewpan, baste it well, cover closely, and cook slowly until tender, basting it frequently. Serve with the sauce strained over and round.

Time.—2 hours. Sufficient for 5 persons. Cost, 3*s*. 10*d*. to 4*s*. 3*d*.

KULLEAH YEKHANEE (Indian Recipe).

Ingredients.—2 lbs. of lean mutton, ½ lb. sliced onion, 2 tablespoonfuls of lime juice, 1 tablespoonful of castor sugar, ½ a teaspoonful each of curry powder, ginger, and cloves, salt, rice.

Method.—Slice the meat thinly, barely cover it with warm water, add the onion, lime juice, sugar, curry powder, ginger, cloves, and salt to taste. Simmer very gently from 2¼ to 3 hours, and serve with well boiled rice.

Time.—3 hours. Cost, 2*s*. 3*d*. Sufficient for 6 persons.

LAMB, BOILED.

The leg of lamb is the part usually selected for boiling, but this method of cooking is not often adopted. Careful and frequent skimming is essential to preserve the colour of the meat, and the liquor in which it is cooked must contain nothing to destroy or overpower its delicate flavour. The peas, carrots, or whatever is served as a garnish should be cooked separately, and the meat masked with a good white or Béchamel sauce.

LAMB, BLANQUETTE OF.

Ingredients.—2 lbs. of loin, neck, or breast of lamb, 1 onion sliced, a bouquet-garni (parsley, thyme, bay-leaf), 6 white peppercorns. For the sauce: ½ pint of stock, 1½ ozs. of butter, 1 oz. of flour, 2 yolks of eggs, 2 tablespoonfuls of cream, salt and pepper.

Method.—Cut the meat into pieces about 2 inches square, and put them into a stewpan with the onion, herbs, peppercorns, and a little salt. Cover with cold water, and cook gently for 2 hours. Melt the butter, add the flour, stir, and cook for a few minutes without browning. When the meat is ready, strain from it ½ pint of the liquor, and add it to the blended flour and butter. Stir until boiling, simmer for 3 or 4 minutes, then add the yolks of eggs and cream, previously beaten together. Stir and cook gently for a few minutes, taking care that it does not boil, or it may curdle. Arrange the meat neatly on a hot dish, strain the sauce over, and serve.

TIME.—About 2¼ hours. AVERAGE COST, from 8*d.* to 1*s.* 2*d.* per lb. SUFFICIENT for 3 or 4 persons. SEASONABLE from April to October.

LAMB, BREAST OF, STUFFED.

INGREDIENTS.—A breast of lamb, ⅓ pint of brown or demi-glace sauce, veal forcemeat, French beans, 1 oz. of butter, salt and pepper, glaze. For the mirepoix or foundation: ¾ of a pint of stock, 2 onions, 2 carrots, ½ a small turnip, a bouquet-garni, 6 peppercorns, 2 ozs. of butter.

METHOD.—Remove the bones, flatten the meat with a cutlet-bat or rolling-pin, season well with salt and pepper, spread on the veal forcemeat, roll up tightly, and bind securely with string. Slice the vegetables, and put them into a large stewpan with the butter, place the meat on the top, cover, and cook gently for 20 minutes; then add the herbs, peppercorns, and stock to nearly cover the vegetables. Place a buttered paper over the meat, put on the lid, and braise for 2 hours. Cook the beans in salted water and drain them well. Melt the butter in a stewpan, put in the beans, season with salt and pepper, toss over the fire for a few minutes, and serve them arranged in small groups round the dish. Before serving, brush the meat over with glaze, and send the sauce to table in a sauce-boat.

TIME.—2½ hours, to cook the meat. AVERAGE COST, 8*d.* to 10*d.* per lb. SUFFICIENT for 3 or 4 persons.

LAMB CROQUETTES.

INGREDIENTS.—½ lb. of finely-chopped cooked lamb, 1 teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of finely-chopped shallot or onion, ½ oz. of butter, ¾ oz. of flour, ¼ pint of strong stock, salt and pepper, 1 egg, breadcrumbs, frying-fat.

METHOD.—Melt the butter in a stewpan, fry the onion lightly, then stir in first the flour and afterwards the stock, and boil gently for 3 or 4 minutes, stirring briskly meanwhile. Add the meat, parsley, and a good seasoning of salt and pepper, stir over the fire until well mixed, and turn on to a plate to cool. Form into cork-shaped pieces, coat carefully with egg and breadcrumbs, and fry in hot fat. (*See* Beef Croquettes.)

TIME.—To fry, 4 to 5 minutes. AVERAGE COST, 5*d.*, exclusive of the meat. SUFFICIENT for 3 or 4 persons. SEASONABLE from April to October.

LAMB CUTLETS, COLD.

There are various ways of preparing this dish. The cutlets may be cooked in butter (sautéed or grilled), or braised and pressed. The former method is, no doubt, more simple, although braising is highly recommended on account of the fine flavour imparted to the meat by this method of cooking. The cutlets must be carefully pared, trimmed, and flattened before they are cooked, and when cooked they must be pressed beneath a heavy weight, and kept thus until they are quite cold. To finish them, proceed as follows:—

Pour a layer of aspic jelly in a sauté-pan, or large dish; when set arrange the cutlets in it, cover with another layer of aspic jelly, and let this also set. Place the pan or dish on the ice for about 1 hour, then cut the cutlets out with a sharp knife, and arrange them in a circle on a round dish. Fill the centre of the dish with some kind of cooked vegetables—peas, beans, asparagus points, or macedoine—previously seasoned with mayonnaise or French salad-dressing, and garnish with neatly-cut cubes of set aspic jelly, and serve.

Average Cost.—1*s.* to 1*s.* 2*d.* per lb. Allow 9 or 10 cutlets for 6 or 7 persons.

LAMB CUTLETS, GRILLED.

Ingredients.—9 or 10 cutlets cut from the best end of the neck, ½ pint of shelled peas, ¼ pint of good gravy or demi-glacé sauce, salt and pepper, salad-oil.

Method.—Trim the cutlets into a good shape, brush over with salad-oil, then grill them over or in front of a clear fire for about 8 or 10 minutes, turning them 3 or 4 times. Season the cutlets lightly with salt and pepper, cover the end of each bone with a cutlet-frill, arrange neatly in a circle on a border of mashed potato, serve the peas in the centre, and pour the hot sauce round.

Time.—30 minutes altogether. Average Cost, 1*s.* to 1*s.* 2*d.* per lb. Sufficient for 6 or 7 persons.

LAMB CUTLETS, STEWED WITH TOMATOES.

Ingredients.—8 or 9 lamb cutlets, 4 tomatoes, 1 oz. of butter, 1 finely-chopped shallot or small onion, stock or water, salt and pepper.

Method.—Trim the cutlets, and cut the tomatoes into thick slices. Heat the butter in a sauté-pan or shallow stewpan, fry the cutlets quickly until lightly browned on both sides, then add the shallot to blend, then add the tomatoes, and season with salt and pepper. Cover closely, and cook very slowly for 1½ hours, adding a very small quantity of stock or water from time to time if necessary; but when the tomatoes are juicy, none will be needed. When ready, remove the cutlets and keep them hot, pass the tomatoes through a fine sieve, season to taste, and if more sauce is liked add a little stock and thicken with cornflour. Arrange the cutlets in a close circle on a hot dish, pour the sauce round, and serve.

Time.—About 2 hours. Average Cost, 11*d.* to 1*s.* 2*d.* per lb. Sufficient for 6 or 7 persons. Seasonable from April to October.

LAMB CUTLETS, TO PREPARE.

Method.—Take the best end of a neck of lamb, remove the chine bone and saw the rib bones across, reducing the length to 3½ or 4 inches, according to the size of the fillet or lean portion of the meat. Trim off the greater part of the fat, and scrape the end of the bone, leaving about ¾ of an inch quite bare. A more even surface and a better shape may be obtained by flattening the cutlets with a wetted cutlet-bat or chopping-knife. The cutlets may be plainly grilled or fried, coated with egg and breadcrumbs, and fried or braised, and glazed. The most suitable vegetable accompaniments are asparagus, green peas, and spinach; and an almost infinite number of sauces may be served with the cutlets, and allowed to give their name to the dish when it is a simple one.

LAMB CUTLETS WITH CUCUMBER.

Ingredients.—8 or 9 cutlets from the best end of the neck, or 6 or 7 chops from the loin, 1 large or 2 small cucumbers, 3 ozs. of butter, ¼ pint of gravy, 1 egg, breadcrumbs, salt and pepper, butter or clarified fat for frying the cutlets.

Method.—Peel the cucumber, remove the seeds, and cut it into ½-inch dice. Heat the butter in a stewpan, put in the cucumber, season well with salt and pepper, cover closely, and let it cook very gently in the butter for nearly ½ an hour, or until the pieces are tender but unbroken, then drain well. Trim the cutlets into a good shape, sprinkle both sides of them with salt and pepper, dip them in egg, crumb them, and then fry in hot butter or fat in a sauté or frying-pan until lightly browned on both sides. Arrange the cutlets neatly on a thin potato border, serve the cucumber in the centre, and pour the hot sauce round.

Time.—To cook the cutlets, from 8 to 10 minutes. Average Cost, 1*s.* to 1*s.* 2*d.* per lb. Sufficient for 6 or 7 persons.

LAMB CUTLETS WITH SPINACH.

Ingredients.—8 or 10 cutlets, ¾ pint of spinach purée (*see* Spinach Soup), 1 oz. of butter, 1 egg, breadcrumbs, salt and pepper, ⅓ pint of gravy, tomato or any other sauce preferred.

Method.—Trim the cutlets, brush them over with beaten egg seasoned liberally with salt and pepper, and coat with breadcrumbs. Prepare the spinach purée as directed, and keep it hot until required. Heat the butter in a sauté or frying-pan, fry the cutlets quickly until lightly browned on both sides, and drain them free from fat. Arrange in a close circle on a hot dish, pile the purée in the centre, and pour the sauce round.

Time.—To fry, 5 or 6 minutes. Average Cost, 1*s.* to 1*s.* 2*d.* per lb. Sufficient for 5 or 6 persons. Seasonable from April to October.

Note.—Peas, asparagus, beans, or dressed potatoes may be substituted for the spinach.

LAMB, FRICASSÉE OF.

Ingredients.—A breast of lamb, 2 ozs. of butter, 1 small onion, 2 bay-leaves, 2 cloves, 1 blade of mace, 6 peppercorns, 1 pint of boiling stock or water, 1 oz. of flour, 2 tablespoonfuls of capers coarsely chopped, salt and pepper.

Method.—Trim the meat, and cut into 2-inch squares. Heat the butter in a stewpan, put in the onion sliced, bay-leaves, cloves, mace, peppercorns, ½ a saltspoonful of pepper, salt, and the meat, cover, and cook very gently for ½ an hour, stirring occasionally. Now add the boiling stock or water and salt to taste, and simmer gently for 1 hour longer, 20 minutes before serving mix the flour smoothly with a very small quantity of cold water, and add to it gradually about ½ pint of the liquor from the stewpan, stirring all the time. Bring the contents of the stewpan to boiling point, pour in the thickened liquor, boil for 2 or 3 minutes, then simmer until the meat is sufficiently cooked. When ready, arrange the pieces of meat inside a border of mashed potato, or otherwise, as may be preferred, season the sauce, add to it the capers to taste, and pour over the meat.

Time.—About 1½ hours. Average Cost, 10*d.* per lb. Sufficient for 3 or 4 persons.

LAMB, LEG OF (French Style).

Ingredients.—A small leg of lamb boned, 1 teaspoonful of finely-chopped parsley, 1 finely-chopped shallot, 1 clove of bruised garlic, 2 ozs. of butter, 1 onion sliced, 1 carrot sliced, salt and pepper.

Method.—Mix the parsley, shallot, garlic, and a good seasoning of salt and pepper together, and sprinkle the mixture on the inner surface of the meat. Bind the meat into a good shape, place it in a baking-tin containing the butter, onion, and carrot, and season well with salt and pepper. Bake for ½ an hour in a hot oven, and afterwards at a lower temperature until the meat is cooked. Serve with gravy made from the bones and the sendiment in the baking tin.

TIME.—Allow 20 minutes per lb. AVERAGE COST, 11*d.* to 1*s.* 2*d.* per lb. SUFFICIENT for 5 or 6 persons. SEASONABLE from April to October.

LAMB, LOIN OF, ROLLED AND BRAISED.

INGREDIENTS.—1 loin of lamb, a mirepoix of vegetables (*see* Lamb, Shoulder of, Braised), stock, glaze, cooked peas, spinach, or cucumber, salt and pepper.

METHOD.—Remove the bones, season the inner surface of the meat with salt and pepper, roll the flap under as tightly as possible, and bind with tape. Braise for about 2 hours, brush over with glaze, and serve on a bed of cooked peas, spinach, or cucumber.

TIME.—About 2 hours. AVERAGE COST, 11*d.* to 1*s.* 2*d.* per lb. SUFFICIENT for 6 or 7 persons. SEASONABLE from April to October.

LAMB, MINCED.

INGREDIENTS.—1 lb. of cooked lamb, 1 finely-chopped medium-sized onion, ¾ pint of gravy or stock, 1 tablespoonful of mushroom ketchup, ¾ oz. of butter, ½ oz. of flour, pepper and salt.

METHOD.—Cut the meat into small dice, and boil the bones and trimmings for 1 hour or longer, when stock is needed. Melt the butter in a stewpan, fry the onion until lightly browned, add the flour, and brown it also. Stir in the gravy or stock, add the ketchup and seasoning to taste, and simmer gently for 10 minutes. Put in the meat, draw the stewpan aside where the contents will be kept just below simmering point, and let it remain for at least ½ an hour. Serve, surrounded by a border of mashed potato, well boiled rice, or sippets of toasted bread.

TIME.—From 1 to 1½ hours. AVERAGE COST, about 1*s.* 2*d.* SUFFICIENT for 3 to 4 persons. SEASONABLE from April to October.

LAMB PIE.

INGREDIENTS.—2 lbs. of loin, neck, or breast of lamb, 1 or 2 lamb's or sheep's kidneys thinly-sliced, stock or water, salt and pepper, short crust or puff paste.

METHOD.—Free the meat from fat and bones, and boil the latter down for gravy. Cut the meat into pieces convenient for serving, place them in a piedish, sprinkling each layer with salt and pepper, and add a few slices of kidney. Half fill the dish with stock or water, cover with paste (*see* Veal Pie), and bake in a moderate oven for about 1½ hours. Strain and season the stock made from the bones, and pour it into the pie just before serving.

TIME.—About 1½ hours. AVERAGE COST, 2*s.* 6*d.* to 3*s.* SUFFICIENT for 5 or 6 persons. SEASONABLE from April to October.

LAMB, ROAST.

Lamb, when roasting, requires more attention than any other kind of meat. No part of it must be underdone, and to secure this result without drying and hardening the thinner portions to an undesirable degree, much care is necessary. The intense heat to which all meat must first be subjected for a few minutes is applied for too short a time to affect the colour of a joint kept constantly in motion, and the subsequent browning and overcooking of any part may be obviated by covering the meat with 2 or 3 folds of well-greased paper and by frequent basting. The amount of heat applied to any part may be regulated by raising or lowering the joint on the spit, and the rate of cooking by increasing or decreasing the distance between the joint and the fire.

LAMB, ROAST FORE-QUARTER.

INGREDIENTS.—Fore-quarter of lamb, mint sauce.

METHOD.—(*See* Lamb, Roast). Serve with gravy made from the sediment in the roasting-tin, and mint sauce.

TIME.—1½ to 2 hours, according to size. AVERAGE COST, 11*d*. to 1*s*. 2*d*. SUFFICIENT for 8 to 12 persons, according to weight. SEASONABLE, grass lamb from March to September.

LAMB, SHOULDER OF, BRAISED.

INGREDIENTS.—A shoulder of lamb, larding bacon, 1 pint of stock, 3 ozs. of butter, 1½ ozs. of flour, 2 shallots finely-chopped, 1 teaspoonful of finely-chopped parsley. For the mirepoix: 2 onions, 2 carrots, ½ a small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns. Meat glaze.

METHOD.—Bone the shoulder, season well with salt and pepper, roll up tightly, and bind securely with string. Cut the lardoons, or strips of bacon for insertion in the meat, about 2 inches long, and rather more than ⅛ of an inch in thickness, and insert close rows in the rolled meat. Slice the vegetables, and put them into a large braize-pan with 1½ ozs. of butter, place the meat on the top, cover closely, and cook gently for 20 minutes. Add the herbs, peppercorns, and stock to nearly cover the vegetables, place a buttered paper over the meat, put on the lid, and braise in the oven for 2 hours. Half an hour before serving, melt the remaining butter in a stewpan, fry the shallots slightly; then add the flour, and cook until it acquires a nut-brown colour. When the meat is ready, remove the strings, brush it over with stock reduced to glaze, and put it into a moderate oven for a few minutes to crisp the bacon. Strain the stock, increase the quantity to ¾ pint, pour it over the brown roux or thickening, and stir until it boils. Add to it the parsley, season to taste, simmer for 2 or 3 minutes, then serve in a sauce-boat. Cooked tomatoes, mushrooms, fancifully-cut turnips and carrots, small timbales of spinach or green pea purée, haricots verts, and macedoine are all suitable garnish for this dish.

TIME.—To braise, about 2 hours. AVERAGE COST, 10*d*. to 1*s*. 1*d*. per lb.

Note.—The loin, neck, or breast may be cooked in this manner. If preferred, the shoulder may be stuffed with sausage meat or veal forcemeat, and the larding may in all cases be omitted, if more convenient.

LAMB, SHOULDER OF, STUFFED.

INGREDIENTS.—A shoulder of lamb, veal forcemeat, ¾ pint of stock, 1 oz. of butter, ¾ oz. of flour, 2 or 3 ozs. of dripping, salt and pepper.

METHOD.—Remove the bones and boil them for at least 1 hour for stock. Flatten the meat with a cutlet-bat or heavy knife, season well with salt and pepper, and spread on the forcemeat. Roll up tightly, tie securely with string, and place in a baking-tin in which the dripping has been previously melted. Baste well, put it into a moderate oven, and cook gently for about 1¼ hours, basting frequently. Meanwhile, fry the butter and flour together until well browned, add the prepared stock, stir until boiling, and season to taste. Remove the meat and keep it hot, pour off the fat without disturbing the sediment in the tin, and add the brown sauce. Replace the meat, and cook it gently for 20 minutes longer, basting frequently meanwhile. Serve with a little sauce poured over the meat, and send the remainder to table in a tureen. If preferred, the meat may be braised according to directions given in reference to "Lamb, Loin of, Rolled and Braised."

TIME.—About 1½ hours. AVERAGE COST, 11*d.* to 1*s.* 2*d.* per lb. SUFFICIENT for 4 or 5 persons. SEASONABLE all the year.

LAMB, STEWED.

INGREDIENTS.—3 or 4 lbs. of loin, neck, or breast of lamb, 2 ozs. of butter, the juice of ½ a lemon, 6 mint leaves, ¼ of a teaspoonful of pepper, ½ a pint of Soubise sauce.

METHOD.—Saw the long bones across, and either skewer or bind the meat into a compact form. Heat the butter in a large stewpan, add the pepper, mint, and lemon-juice, put in the meat, cover closely, and cook very gently for about 1 hour, turning the meat 2 or 3 times, in order to brown the entire surface. Serve the Soubise sauce separately; or, instead of this sauce, add ¼ pint of stock mixed with 1 dessertspoonful of flour to the butter, etc., in the stewpan, boil for 2 or 3 minutes, season to taste, improve the colour if necessary by adding a few drops of liquid caramel. Dish up and serve hot.

TIME.—About 2 hours. AVERAGE COST, 10*d.* to 1*s.* 2*d.* per lb. SUFFICIENT for 7 or 8 persons.

LAMBS' COLLOPS WITH ASPARAGUS.

INGREDIENTS.—Slices of underdone lamb, 30 heads of asparagus, 1½ ozs. of butter, ½ oz. of flour. For the seasoning: 1 tablespoonful of flour, ¼ of a teaspoonful of powdered mixed herbs, ¼ of a teaspoonful of salt, ⅛ of a teaspoonful of pepper, a pinch of finely-grated lemon-rind, ½ pint of gravy, stock, or water.

METHOD.—Cut the meat into fillets about 2½ inches in diameter, sprinkle both sides with seasoning, and put aside for 1 hour. Cut the tips of the asparagus about 2 inches long, and boil them in salted water until tender, the stems being put aside to be afterwards used for soup. Heat the butter in a frying-pan, cook the collops quickly until lightly browned on both sides, then remove and keep them hot. Sprinkle the flour on the bottom of the pan, cook until well browned, and add the gravy or stock. Season to taste, boil rapidly for about 5 minutes, then strain. Arrange the collops in a close circle on a hot dish, place the asparagus tips in the centre, and pour the sauce round.

TIME.—1½ hours. AVERAGE COST, 2*s.* 6*d.* to 4*s.* 6*d.* SUFFICIENT, allow 1 lb. of meat for 3 or 4 persons. SEASONABLE from March to July.

LAMBS' FRY.

INGREDIENTS.—1½ lbs. of fry. For the batter: 1 level dessertspoonful of flour, 2 tablespoonfuls of water, 1 egg, salt and pepper, 2 or 3 ozs. of clarified fat or dripping, 1 tablespoonful of flour, about ½ pint of hot water.

METHOD.—Wash the fry, put it into a stewpan with sufficient cold water to just cover it, bring to the boil, cook for 2 or 3 minutes, then drain and dry well. Mix the flour, 1 saltspoonful of salt, and ½ the quantity of pepper into a smooth batter with the 2 tablespoonfuls of cold water, and add to it the egg, previously beaten. Heat the clarified fat in a frying-pan ; dip the pieces of fry in the batter, and fry them gently until nicely browned on both sides, but take care not to overcook the liver. Have ready a very hot dish on which to put the fry, and keep it as hot as possible while the gravy is being made. The fat in the pan may be used for this purpose, or, if preferred, it can be poured away, and 1 oz. of butter used instead. Stir the flour into the fat, and when brown pour in the hot water, stir and boil for five minutes, season to taste, and either strain it round the dish or serve it separately in a sauceboat.

Time.—To cook, about 15 or 20 minutes. Average Cost, 10*d.* to 1*s.* per lb. Sufficient for 3 or 4 persons.

Note.—If preferred, the fry may be coated with egg and breadcrumbs, instead of the batter, before frying.

LAMB'S HEAD AND PLUCK.

Ingredients.—A lamb's head and pluck (which consists of the heart, liver, and lungs, or lights), 2 ozs. of butter, 1½ ozs. of flour, 1 large onion, 1 carrot, ½ a small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, 1 teaspoonful of finely-chopped parsley, salt and pepper, 1 egg, browned breadcrumbs.

Method.—Wash the head well, put it into a stewpan, cover it with cold water, and bring to the boil, strain, scrape off the hairs, if any, and rinse well. Wash the pluck in cold water, and put it into the stewpan with the head ; cover with cold water, and when boiling skim well. When all the scum has been removed, put in the sliced vegetables, the bouquet-garni, peppercorns, and ½ a teaspoonful of salt, and simmer gently for about 1 hour. Divide the head, take out the tongue and brains, and keep the head hot over a saucepan of boiling water. Skin the tongue, cut it into dice, chop the brains coarsely, and cut the pluck into small pieces. Meanwhile, the liquor in the pan must have been allowed to boil rapidly to reduce, and before using it for the sauce it must be strained and well skimmed. Melt the butter in a stewpan, add the flour, and cook for 5 minutes. Pour in 1¼ pints of the liquor, and stir until it boils ; then put in the pluck, tongue, and brains, add the parsley, and season to taste, cover closely, re-heat, and keep hot until required. Coat the head with beaten egg and browned breadcrumbs, bake it in a moderate oven for 10 or 15 minutes, basting frequently with hot fat, then drain well. Place the head in the centre of a hot dish, pour the mince round, and serve.

Time.—From 1¾ to 2 hours. Average Cost, from 2*s.* to 2*s.* 6*d.* Sufficient for 5 or 6 persons.

LAMBS' SWEETBREADS, FRIED.

Ingredients.—1 lb. of lambs' sweetbreads, ⅓ pint of gravy, tomato sauce or any other sauce preferred, 1 egg, breadcrumbs, butter or frying-fat, flour, salt and pepper.

Method.—Soak the sweetbreads in water for 2 hours, changing the water 3 or 4 times ; then drain well, and place in a stewpan containing just sufficient cold water to cover them. Add a little salt, bring to the boil, cook gently for 15 minutes, then press between 2 dishes until cold. Roll lightly in a little flour seasoned with salt and pepper, coat carefully with egg and breadcrumbs, and fry in hot butter or fat until lightly browned. Serve the gravy or sauce separately.

TIME.—To fry, 6 or 8 minutes. AVERAGE COST, 2*s.* to 2*s.* 6*d.* per lb. SUFFICIENT for 3 or 4 persons. SEASONABLE at all times.

LAMBS' SWEETBREADS (Tinned Food).

INGREDIENTS.—1 tin of lambs' sweetbreads, 1 egg, breadcrumbs, frying-fat, brown sauce.

METHOD.—Drain and dry the sweetbreads, and divide them into neat pieces. Coat them carefully with egg and breadcrumbs, fry in hot fat until crisp and brown, and serve piled on a hot dish. Send the sauce to table in a sauce-boat.

TIME.—About 20 minutes. AVERAGE COST, 2*s.* SUFFICIENT for 4 or 5 persons.

LAMBS' TAILS WITH POTATOES.

INGREDIENTS.—3 or 4 lambs' tails, a few slices of bacon, 1 onion sliced, 1 carrot sliced, a bouquet-garni (parsley, thyme, bay-leaf), 8 peppercorns, salt, stock, ⅓ pint of brown tomato or other sauce, mashed potato.

METHOD.—Blanch and dry the tails. Place the vegetables, herbs, and peppercorns in a stewpan, lay the tails on the top, add a little salt and pepper, and cover with bacon. Add stock to nearly cover the vegetables, put on the lid, which must fit closely, and cook gently for 2 hours, adding a little more stock from time to time. Serve in a border of mashed potatoes with the sauce poured over the meat.

TIME.—ABOUT 2 hours. AVERAGE COST, uncertain, lambs' tails being seldom sold. SUFFICIENT for 5 or 6 persons. SEASONABLE from April to October.

LAMPREY, BAKED.

INGREDIENTS.—1 medium-sized lamprey, suet farce, 1 egg, breadcrumbs, fat for basting, anchovy sauce or any other fish sauce preferred, 1 lemon.

METHOD.—Rub the fish well with salt, wash it in warm water, and remove the cartilage and strings which run down the back. Fill the body with the prepared farce, sew it up securely, and fasten round 2 or 3 thicknesses of buttered or greased paper. Cover the fish with hot water, boil gently for 20 minutes, then drain and dry well. Put it into a baking-dish, in which a little butter or fat has been previously melted, and baste well. Bake gently for about ½ an hour, basting frequently, then strip off the skin, brush the fish over with beaten egg, and coat it lightly with breadcrumbs. Bake the fish for about 20 minutes longer, or until nicely browned, then serve it garnished with sliced lemon, and send the sauce to table in a tureen.

TIME.—About 1¼ hours. AVERAGE COST, uncertain. SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

LAMPREY, STEWED.

INGREDIENTS.—1 medium-sized lamprey, ¾ pint of stock or water, 1 glass of port or sherry, 1 oz. of butter, 1 oz. of flour, 1 lemon sliced, 1 teaspoonful of lemon-juice, 2 small onions sliced, 2 or 3 mushrooms or 6 button mushrooms, 1 bay-leaf, salt and pepper.

METHOD.—Wash thoroughly in salted warm water, remove the head, tail, and fins, and cut the fish across into 2-inch lengths. Bring the stock or water to boiling point, put in the fish with the bay-leaf and necessary seasoning, and simmer gently for ¾ of an hour. Meanwhile, melt the butter in another stewpan, fry the onion slightly, then add the flour, and fry slowly until well browned. When the fish has stewed 1 hour, pour the liquor from it over the prepared butter and flour, stir until boiling, then put in the mushrooms, wine, and lemon-juice. Place the fish in the prepared sauce, simmer gently for ½ an hour longer, serve with the sauce strained over, and garnish with slices of lemon.

TIME.—To stew, about 1½ hours. AVERAGE COST, uncertain. SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

LANDRAIL, OR CORN-CRAKE, ROASTED.

INGREDIENTS.—3 or 4 landrail, butter, fried breadcrumbs.

METHOD.—Pluck and draw the birds, wipe them inside and out with a damp cloth, and truss them in the following manner :—Bring the head round under the wing, and the thighs close to the sides ; pass a skewer through them and the body, and keep the legs straight. Roast the birds before a clear fire, keep them well basted, and serve with fried breadcrumbs, with a tureen of brown gravy. If preferred, bread sauce may also be sent to table with them.

TIME.—12 to 20 minutes. AVERAGE COST, uncertain, being seldom sold. SUFFICIENT for 1 dish. SEASONABLE from August 12th to the middle of September.

LARD, TO MAKE.

METHOD.—Melt the inner fat of the pig by putting it in a stone jar, and placing this in a saucepan of boiling water, previously stripping off the skin. Let it simmer gently, and as it melts pour it carefully from the sediment. Put it into small jars or bladders for use, and keep it in a cool place. The flead, or inside fat of the pig, before it is melted makes exceedingly light crust, and is particularly wholesome. It may be preserved a length of time by salting it well, and occasionally changing the brine. When wanted for use, wash and wipe it, and it will answer for making paste as well as fresh lard.

AVERAGE COST, 10*d.* per lb.

LARK PIE.

INGREDIENTS.—12 larks, 1 lb. of rump steak, ¼ lb. of bacon, ½ pint of good stock. For the farce or stuffing : 2 tablespoonfuls of breadcrumbs, 1 tablespoonful of finely-chopped suet, 1 tablespoonful of finely-chopped ham or parboiled chickens' livers, 1 tablespoonful of chopped mushrooms (preferably fresh ones), 1 dessertspoonful of finely-chopped parsley, ¼ of a teaspoonful of finely-grated lemon-rind, ¼ of a teaspoonful of powdered mixed herbs, 1 egg, a good pinch of nutmeg, ½ of a teaspoonful of salt, ¼ of a teaspoonful of pepper, puff paste, the yolk of 1 egg.

METHOD.—Bone the larks and stuff them with the farce, cut the beef into small thin slices, and the bacon into strips. Put a layer of beef at the bottom of a piedish, arrange the larks on the top, intersperse the remainder of the meat and the strips of bacon, season well with pepper and salt, ¾ fill with stock, and cover with the paste. Brush over with yolk of egg, bake in a quick oven until the paste has risen and become set, then cook more slowly for about 1 hour. Before serving add the remaining stock, pouring it carefully through the hole in the centre of the pie. Serve either hot or cold, but a little gelatine must be added to the stock if the pie is intended to be eaten cold, in order that the gravy may form a jelly.

TIME.—To bake the pie, about $1\frac{1}{4}$ or $1\frac{1}{2}$ hours. AVERAGE COST, 3*s.* 6*d.* to 4*s.* 6*d.* SUFFICIENT for 6 or 8 persons. SEASONABLE from November to February.

LARKS, BROILED.

INGREDIENTS.—1 dozen larks, 1 egg, breadcrumbs, salt and pepper, croûtes of toasted bread, butter.

METHOD.—Prepare the larks as directed in "Larks, Roasted," brush them over with beaten egg, and coat them carefully with breadcrumbs seasoned with a little salt and pepper. Broil over a clear fire for 10 minutes, and as soon as the breadcrumbs are set, brush them lightly over with oiled butter. Serve on croûtes.

TIME.—About 10 minutes. AVERAGE COST, 2*s.* 3*d.* to 3*s.* SUFFICIENT for 5 or 6 persons. SEASONABLE, November to February.

LARKS, ROASTED.

INGREDIENTS.—12 larks, 12 small thin slices of bacon, 12 round or oval pieces of buttered toast, fried breadcrumbs, watercress, salad-oil, lemon, butter or fat for basting, salt and pepper.

METHOD.—Pick and singe the birds, cut off the feet, and remove the gizzards. Truss them in shape by means of a skewer, which should be long enough to hold six. Brush them over with hot butter or fat, cover each breast with a piece of bacon, and roast the birds before a hot fire for about 10 minutes, basting them constantly. Place each bird on a piece of toast, arrange them in a close circle on a hot dish, fill the centre with fried breadcrumbs, and garnish with cut lemons and watercress seasoned with salad-oil, salt and pepper.

TIME.—About 10 minutes, to roast. AVERAGE COST, from 2*s.* to 3*s.* per dozen. SUFFICIENT for 5 or 6 persons. SEASONABLE from November to February.

LARKS, STUFFED AND ROASTED.

INGREDIENTS.—8 or 9 larks, 8 or 9 very small rolls of crisply-fried bacon, 8 or 9 round or oval pieces of buttered toast. For the farce or stuffing: 1 oz. of warm butter, 1 tablespoonful of breadcrumbs, 1 tablespoonful of finely-chopped cooked ham or tongue, 1 large, finely-chopped fresh mushroom, or 4 small preserved ones, 1 dessertspoonful of finely-chopped parsley, 1 very finely-chopped shallot, salt and pepper, egg, brown breadcrumbs, butter for basting, fried potato straws.

METHOD.—Prepare the birds as in the preceding recipe, stuff with the prepared farce, coat with egg and brown breadcrumbs, truss and fix on a skewer, and roast for about 10 minutes before a clear fire. As soon as the coating becomes fixed, baste with hot butter, and repeat the process frequently. Place each bird on a piece of toast, dish them in a close circle, pile the potato straws in the centre, and garnish with the rolls of bacon. Serve with a boat of nicely-seasoned gravy.

TIME.—About 10 minutes, to roast. AVERAGE COST, from 2*s.* to 3*s.* per dozen. Allow 2 to each person. SEASONABLE from November to February.

LEAMINGTON SAUCE.

INGREDIENTS.—3 pints of vinegar, 1 pint of walnut-juice, $\frac{1}{2}$ pint of Indian soy, $\frac{1}{4}$ pint of port wine, 1 oz. of shallots, $\frac{1}{4}$ oz. of garlic, $\frac{1}{2}$ oz. of cayenne.

METHOD.—Procure young green walnuts, pound them to a pulp, sprinkle liberally with salt, and let them remain for 3 days, stirring at frequent intervals. Strain the juice obtained, measure and add the rest of the ingredients in the proportions stated above, the garlic and shallots being previously pounded or finely chopped. Turn the whole into a large jar, cover closely for 3 weeks, then strain into small bottles, cork and seal securely, and store for use.

Time.—About 1 month. Average Cost, 2*s.* 10*d.* to 3*s.*

LEEK SOUP.

Ingredients. — 2 quarts of sheep's head broth (see that recipe), 6 leeks finely shredded, 1 good tablespoonful of medium or coarse oatmeal, salt and pepper.

Method.—Make the broth as directed, then strain and replace it in the saucepan. Bring to the boil, sprinkle in the oatmeal, add the prepared leeks, and boil gently until quite tender. Season to taste, and serve.

Time.—From ¾ to 1 hour. Average Cost, 6*d.*, exclusive of the stock. Sufficient for 6 or 8 persons. Seasonable in winter.

LEEKS, BOILED.

Ingredients.—12 young leeks, salt, vinegar, ¾ pint of white sauce, toast.

Method.—Trim off the roots, the outer leaves, and the green ends, and cut the stalks into 6-inch lengths. Have ready a saucepan of boiling water, add a tablespoonful of vinegar and a dessertspoonful of salt, put in the leeks, previously tied in bundles, and boil gently for about 40 minutes, or until they are perfectly tender. Drain well, serve on toast, and pour the white sauce over them.

Time.—About 40 minutes. Average Cost, 1*s.* to 1*s.* 3*d.* Obtainable all the year; cheapest in September, October, and November.

LEEKS WITH POACHED EGGS.

Ingredients.—6 or 8 leeks, 1 onion, 1 carrot, ½ a turnip, a bouquet-garni, 1 bay-leaf, 1 blade of mace, 2 ozs. of butter, 1 oz. of flour, ½ pint of white stock, ½ pint of milk, 6 poached eggs, toast, salt and pepper.

Method.—Cut the onion, carrot, and turnip into thin slices, prepare the leeks as in the preceding recipe, put them into cold water, bring to the boil, and strain. Heat 1 oz. of butter in a stewpan, put in the leeks, onions, carrot, turnip, herbs, bay-leaf, and mace, and fry slowly for 15 minutes, then add the stock, cover closely, and cook gently for about 1¼ hours. When the cooking is nearly completed, melt the remainder of the butter in another stewpan, add the flour, fry for a few minutes, then put in the milk, and stir until boiling. Take up the leeks, cut them lengthwise into quarters, across into 2 or 3 pieces, keep them hot, and strain what little stock remains into the sauce, Arrange the toast as a long narrow strip down the centre of the dish, pile the pieces of leek high upon it, pour over the sauce, and place the poached eggs round the base.

Time.—From 1½ to 1¾ hours. Average Cost, 2*s.* to 2*s.* 6*d.* Obtainable at any time; cheapest in September, October, and November.

LEMON.

This fruit is a native of Asia, and was first cultivated in England in the beginning of the seventeenth century. Lemons are imported in large quantities from the Azores, St. Helena, Spain, and Portugal, those from Spain being considered the best. The juice of the lemon is invaluable in many culinary operations, being employed in some as a bleaching agent, in others to expedite disintegration and thereby soften the fibres of the substance, while a third purpose it fulfils is that of adding piquancy to sauces and other preparations. Citric acid extracted from lemons is largely employed as an anti-scorbutic. The rind of the lemon contains an essential oil of very high flavour and fragrance. This oil is contained in tiny cells on the surface of the lemon, immediately beneath which lies a white pith with a bitter, disagreeable flavour. As a rule, the rind is grated, but the best way to obtain the largest amount of the essence from the lemon without encroaching on the white pith, is to pare off the rind in small, almost transparent, strips with a sharp knife. The peel, preserved by boiling in syrup, forms the well-known candied peel.

LEMON BISCUITS.

Ingredients.—1¼ lbs. of flour, ¾ lb. of castor sugar, 6 ozs. of fresh butter, 4 eggs, the grated rind of a lemon, 2 dessertspoonfuls of lemon-juice.

Method.—Rub the butter into the flour, stir in the castor sugar and very finely-minced lemon-peel, and when these ingredients are thoroughly mixed, add the eggs, which should be previously well whisked, and the lemon-juice. Beat the mixture well for 1 or 2 minutes, then drop it from a spoon on to a buttered tin, about 2 inches apart, as the biscuits will spread when they get warm; place the tin in the oven and bake the biscuits a pale brown from 15 to 20 minutes.

Time.—15 to 20 minutes. Average Cost, 1*s.* 6*d.* Sufficient for 3 or 4 biscuits. Seasonable at any time.

LEMON BLANCMANGE (*See* Vanilla Blancmange).

Follow the directions given, substituting lemon-rind for the vanilla pod.

LEMON BUNS.

Ingredients.—¼ lb. of butter, ½ lb. of sugar, 1 lb. of flour, 2 eggs, ¼ oz. of ammonia, ½ a teacupful of milk, a few drops of essence of lemon.

Method.—Put the ammonia into a mortar and rub it down in the milk. Weigh the flour on to the board, make a bay, put in the sugar and butter, add a few drops of essence of lemon, and rub the ingredients together till smooth; then add the eggs and dissolved ammonia, wet up into a smooth paste, divide it into 3-oz. pieces, flatten it out, wash it over with milk, turn it over on to castor sugar, place the buns on to greased baking tins, lay a slice of lemon-peel on the top, and bake in a warm oven.

Time.—1 hour, to bake. Average Cost, 1*s.* Sufficient for 10 large buns.

LEMON CAKE.

Ingredients.—8 eggs, 1 tablespoonful of orange-flower water, ½ lb. of castor sugar, 1 lemon, 1 lb. of flour.

Method.—Break the eggs into a clean basin, add the sugar, and beat up to a stiff batter with a wire egg whisk. Add the orange-flower water, the juice and rind of the lemon, continue the beating for 10 minutes, then take out the whisk, clean it off, add the flour (sifted), and mix it in with a spoon. Butter a cake mould with melted butter, dust it out with a little flour and sugar mixed, turn in the mixture, tie a paper round the top to prevent it running over, and bake in a moderate oven.

Time.—About 1½ hours, to bake. Average Cost, 1*s.* 4*d.* Sufficient for 1 medium-sized cake.

LEMON CHEESE CAKES.

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Ingredients.—Short crust paste, 1 lb. of loaf sugar, ¼ lb. of butter, 6 eggs, the grated rind of 2 lemons and the juice of 3, finely-shredded candied peel.

Method.—Put the sugar, butter, lemon-rind, and strained lemon-juice into a stewpan, and stir until the sugar is dissolved. Beat the yolks of eggs, add them to the contents of the stewpan, and stir and cook slowly until the mixture thickens. Let it remain in a cool, dry place until required. Line the patty-pans with paste, ¾ fill them with the preparation, add a few strips of candied peel, and bake for about 20 minutes in a moderately hot oven.

Time.—To bake, about 20 minutes. Average Cost, 1*s.* 4*d.*, exclusive of the paste. Sufficient for 2½ dozen cheese cakes.

Note.—The above preparation, if closely covered and stored in a cool, dry place, will keep good for several weeks.

LEMON CREAM.

Ingredients.—1 pint of cream, 2 tablespoonfuls of lemon-juice, 1 heaped tablespoonful of ground almonds, 2 glasses of sherry, sugar to taste.

Method. — Whip the cream stiffly, adding the rest of the ingredients gradually, and sweeten to taste. Serve in jelly glasses. For a moulded cream (*see* Vanilla Cream), and substitute lemon-juice for vanilla.

Time.—From 25 to 30 minutes. Average Cost, 2*s.* 6*d.* Sufficient to fill 12 small glasses.

LEMON CREAM ICE.

Ingredients.—1 pint of custard (*see* Custard for Cream Ices), 4 ozs. of loaf sugar, 2 lemons.

Method.—Prepare the custard according to directions given. Rub the lumps of sugar on the rinds of the lemons until all the outer yellow part is removed, and dissolve it in 1 tablespoonful of warm water. Add the juice of 1 lemon, and when cool stir into the custard. If necessary, add a few drops of liquid saffron colouring, and freeze.

Time.—About 40 minutes. Average Cost, 9*d.* to 1*s.* 6*d.* Sufficient for 7 or 8 persons.

LEMON FLIP.

Ingredients.—¼ pint of lemon-juice, the rind of 2 lemons, 5 or 6 ozs. of castor sugar, 4 eggs, 1 pint of boiling water, ¼ pint of sherry.

Method.—Take the rind off 2 lemons in the thinnest possible strips. Put them into a jug with the sugar, add the boiling water, and let it stand until cold. Now stir in the well-beaten eggs, the strained lemon-juice and the sherry, strain through a fine strainer, and use.

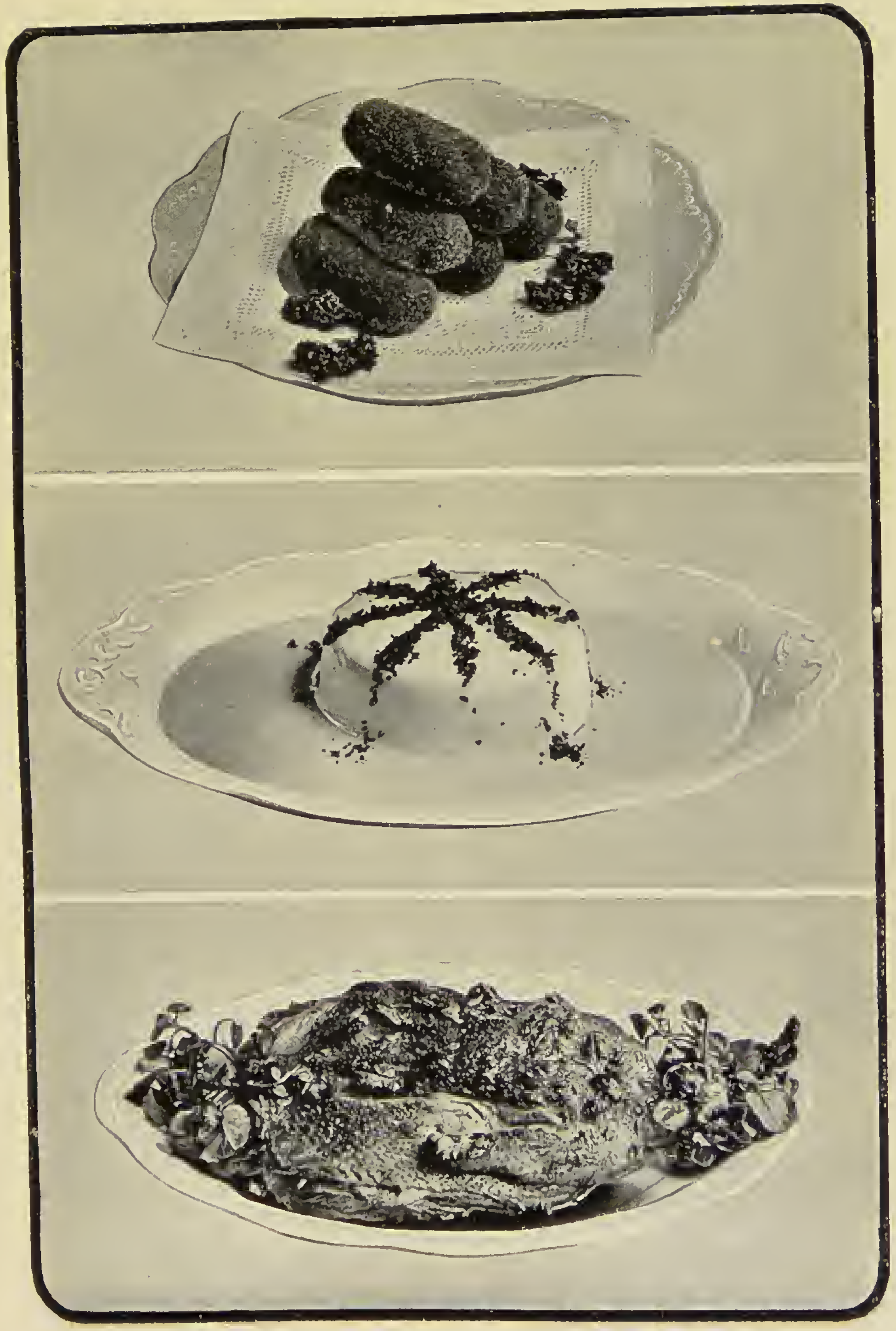
LEMON JELLY.

Ingredients.—1¼ pints of water, ½ pint of sherry, ¼ pint of lemon juice, 6 ozs. of loaf sugar, the finely-peeled rind of 4 lemons, the whites and shells of 2 eggs, 1½ ozs. of leaf gelatine.

Method.—Put the water, lemon-rind and juice, gelatine, sugar, egg shells, and the slightly beaten whites together into a stewpan, boil up, whisking meanwhile, simmer for about 10 minutes, then strain through a scalded jelly-bag or linen cloth. Add the wine, and use as required.

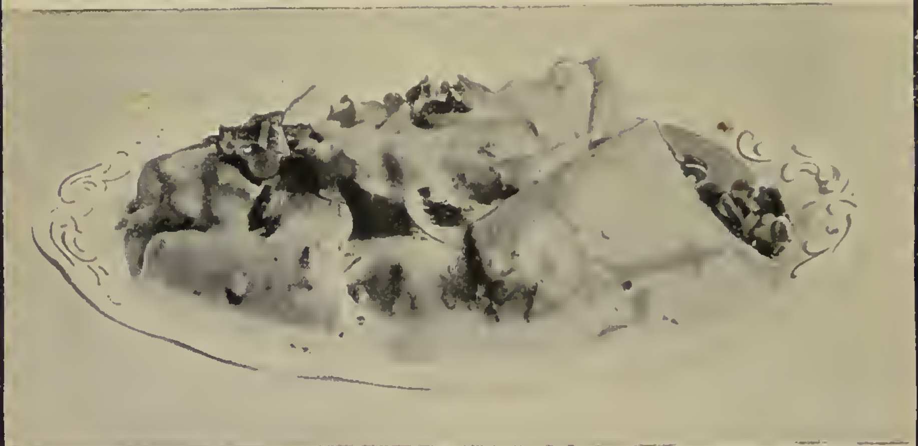
Time.—About 1 hour. Average

ENTRÉES. No. 8.



1. Chicken fried in Batter. 2. Chicken Soufflé. 3. Chicken Spatchcocked.

ENTRÉES. No. 9.



1. Fried Rabbit. 2. Fricassée of Rabbit. 3. Cutlets with Peas.

COST, 1*s*. 6*d*. to 1*s*. 8*d*. SUFFICIENT for 1¾ pints.

Note.—When the jelly is intended to line or garnish moulds, an extra ½ oz. of gelatine should be added, especially so in hot weather.

LEMON MARMALADE.

INGREDIENTS.—Lemons, loaf sugar.

METHOD.—Place the lemons in a preserving-pan, cover them with cold water, and boil them gently for 2 hours, during which time the water must be drained off and replaced by fresh boiling water at least 3 times. Let them cool slightly, slice thinly, remove all the pips, and weigh the fruit. To each lb. allow 2 lbs. of sugar and 1 pint of the water the lemons were last boiled in, and boil these together until a thin syrup is obtained. Then add the prepared fruit, and boil until the marmalade jellies when tested on a cold plate. Cover closely with paper brushed over on both sides with white of egg, and store in a cool, dry place.

TIME.—From 3 to 3½ hours. AVERAGE COST, from 6*d*. to 9*d*. per lb.

LEMON PIE (Canadian Recipe).

INGREDIENTS.—½ lb. of puff paste, 7 ozs. of castor sugar, 3 eggs, 1 pint of milk, 1 dessertspoonful of cornflour, the finely-grated rind of 1 lemon.

METHOD.—Cover a deep plate or dish with the paste, and bake in a hot oven until three-quarters cooked. Mix the cornflour smoothly with a little milk, boil the remainder, and pour it over the cornflour, stirring briskly meanwhile. Replace in the stewpan, add 1 oz. of sugar, the lemon-rind and yolks of eggs, and stir by the side of the fire until the mixture thickens. Have this preparation ready to pour into the pastry when about three-quarters baked, and set it in the oven. Beat the whites of eggs to a very stiff froth, stir the remaining sugar in lightly, and pile the meringue on the top of the pie. Bake in a moderate oven until the top is crisp and lightly browned, and serve.

TIME.—To bake, about 35 minutes. AVERAGE COST, 1*s*. 1*d*. SUFFICIENT for 1 pie. SEASONABLE at any time.

LEMON PUDDING, BAKED.

INGREDIENTS.—2 lemons, 3 ozs. of castor sugar, 2 ozs. of cake-crumbs, 3 eggs, 1 gill of cream or milk, short crust paste.

METHOD.—Cream the sugar and the yolks of the eggs together until thick and white, add the juice of the lemons, the rinds grated, the cream or milk, cake-crumbs, and lastly the stiffly-whisked whites of eggs. Have ready a piedish with the edges lined and decorated with paste (*see* Apple Amber), pour in the preparation, and bake in a moderate oven for about ½ an hour, or until set. Sprinkle the surface liberally with castor sugar, and serve hot.

TIME.—About 1 hour. AVERAGE COST, 1*s*. 3*d*. SUFFICIENT for 5 or 6 persons.

LEMON PUDDING, BOILED.

INGREDIENTS.—8 ozs. of breadcrumbs, 2 ozs. of flour, 4 ozs. of finely-chopped suet, 4 ozs. of sugar, 2 lemons, 2 eggs, milk.

METHOD.—Mix the breadcrumbs, flour, suet, and sugar together, add the well-beaten yolks of eggs, the lemon-juice, and the finely-grated rinds, add milk gradually until a stiff yet thoroughly moistened mixture is formed. Turn into a buttered basin and steam for about 2½ to 3 hours. Serve with cornflour or sweet melted butter sauce.

TIME.—About 3½ hours. AVERAGE COST, 9*d*. SUFFICIENT for 6 or 7 persons.

LEMON SAUCE (For Fowls, etc.).

INGREDIENTS.—½ pint of chicken stock, ¼ pint of milk, 2 tablespoonfuls of cream, the thinly-peeled rind and juice of 1 lemon, 1½ ozs. of butter, 1 oz. of flour, salt and pepper.

METHOD.—Simmer the lemon-rind and the milk and stock together for 10 minutes. Melt the butter in a small saucepan, add the flour, and stir and cook for 5 or 6 minutes, without browning. Pour in the stock and milk, stir until boiling, simmer gently for 20 minutes, season to taste, add the cream and lemon-juice, and serve.

TIME.—About ½ an hour. AVERAGE COST, 8*d*. to 10*d*.

LEMON SAUCE (For Sweet Puddings).

INGREDIENTS.—½ pint of water, 1 glass of sherry, the juice and rind of 1 lemon, the yolks of 2 eggs, 1 oz. of butter, 1 oz. of flour, 3 or 4 lumps of sugar.

METHOD.—Rub the sugar on to the lemon until all the outer rind is removed. Squeeze and strain the juice. Melt the butter, stir in the flour, and cook well without browning. Add the water, stir until it boils, then put in the sugar and lemon-juice. Mix the yolks of eggs and sherry together, let the sauce cool slightly, then pour them in, stir until the sauce thickens, and serve.

TIME.—From 25 to 30 minutes. AVERAGE COST, 5*d*. to 6*d*. for this quantity.

LEMON SORBET.

INGREDIENTS. — 8 lemons, 2 oranges, 10 ozs. of loaf sugar, 2 ozs. of castor sugar, 3 whites of eggs, ¼ pint of Marsala wine, 3 pints of water.

METHOD.—Place the loaf sugar in a stewpan with the 3 pints of water; let it dissolve, then boil and reduce a little, and skim well during the process. Add the finely-grated rind of 2 lemons, the juice of the lemons and oranges, bring to the boil, strain, and let the preparation cool. Partially freeze, then add the well-whisked whites of eggs, sugar and wine, and continue the freezing until the desired consistency is obtained.

TIME.—About 1½ hours. AVERAGE COST, 1*s*. 6*d*. SUFFICIENT for 7 or 8 persons.

LEMON SPONGE.

INGREDIENTS.—½ pint of water, 1 oz. of castor sugar, ½ oz. of leaf gelatine, 1 lemon, 1 white of egg.

METHOD.—Heat the water, sugar, gelatine, and thinly-cut lemon-rind together, stir until the gelatine is dissolved, then strain to the white of egg and lemon-juice previously mixed in a large basin. Whisk all together until stiff, then pile on a dish, and, if liked, colour the last portion with carmine or cochineal, and place it on the top. If preferred, the sponge may be set in a mould rinsed with cold water, and turned out when firm.

TIME.—About 1 hour. AVERAGE COST, 3*d*. SUFFICIENT for 4 or 5 persons.

LEMON SQUASH (For Invalids).

INGREDIENTS.—1 lemon, 1 small bottle of soda water, 1 teaspoonful of castor sugar.

METHOD.—Squeeze and strain the

lemon-juice into a tumbler, add the sugar, pour in the soda water, and serve at once.

TIME.—5 minutes. AVERAGE COST, 3*d*.

LEMON SYRUP.

INGREDIENTS.—2 lbs. of loaf sugar, 2 pints of water, 1 oz. of citric acid, ½ a drachm of essence of lemon.

METHOD.—Boil the sugar and water together for 15 minutes, and put the liquid into a basin, where let it remain till cold. Beat the citric acid to a powder, mix with it the essence of lemon, then add these two ingredients to the syrup, mix well, and bottle for use. Two tablespoonfuls of the syrup are sufficient for a tumbler of cold water, and will be found a very refreshing summer drink.

LEMON TARTLETS.

INGREDIENTS.—Short paste, 4 ozs. of butter, 4 ozs. of castor sugar, 3 yolks of eggs, 1 lemon.

METHOD.—Cream the butter and sugar well together, beat each yolk of egg in separately, and add the juice of the lemon and the rind finely grated. Let the mixture stand in a cool, dry place for at least 24 hours, then bake in patty-pans, previously lined with the short paste.

TIME.—To bake, from 15 to 20 minutes. AVERAGE COST, 8*d*., exclusive of the paste. SUFFICIENT for 18 tartlets.

LEMON WHEY (For Invalids).

INGREDIENTS.—1 pint of milk, the juice of 1 lemon, castor sugar to taste.

METHOD.—Heat the milk in a double saucepan, or in a jar placed in a saucepan of boiling water. Add the lemon-juice, sweeten to taste, continue cooking until the curd separates, then drain off the whey, and serve it either hot or cold.

TIME.—½ an hour. AVERAGE COST, 3*d*.

LEMON WINE.

INGREDIENTS.—10 lemons, 4 lbs. of loaf sugar, 4 quarts of boiling water, 1 tablespoonful of brewer's yeast.

METHOD.—Remove the rinds of 5 lemons in thin fine strips, and place them in a wooden tub or earthenware bowl. Boil the sugar and water together for ½ an hour, then pour the syrup over the lemon-peel. When cool, add the strained juice of the 10 lemons, stir in the yeast, and let the vessel stand for 48 hours. At the end of this time strain into a cask, which the wine must quite fill, bung loosely until fermentation ceases, then tighten the bung, and allow the cask to remain undisturbed for about 6 months before racking the wine off into bottles.

LEMONADE.

INGREDIENTS.—½ pint of cold water, the juice of 1 lemon, ¼ of a teaspoonful of carbonate of soda, castor sugar to taste.

METHOD. — Strain the lemon-juice into the water, sweeten to taste, then stir in the carbonate of soda and drink while the mixture is in an effervescing state.

LEMONADE (For Invalids).

INGREDIENTS.—The juice of 2 lemons, the rind of 1 lemon, 1 pint of boiling water, 4 or 5 lumps of sugar, or to taste.

METHOD.—Remove the rind of 1 lemon in thin, fine strips, place them in a jug, add the strained juice of 2 lemons, and the sugar. Pour in the boiling water, cover, let it stand until cold, then strain, and use.

TIME.—2 or 3 hours. AVERAGE COST, *2d.*

LENTIL PORRIDGE (Vegetarian Dish).

INGREDIENTS.—3 ozs. of lentil flour, 1 pint of water, salt, butter.

METHOD.—Put the flour and salt in a basin, with a little cold water, add the rest of the water boiling, put it on the fire, and boil for 20 minutes. Stir in the butter just before serving. Half lentil and half barley or wheat-flour is preferred by some, and makes a close imitation of the Revalenta Arabica so much advertised for invalids.

TIME.—10 minutes. AVERAGE COST, 1½*d.* SUFFICIENT for 2 persons.

LENTIL RISSOLES (Vegetarian Dish).

INGREDIENTS.—¼ lb. of lentils, boiled or baked, ½ oz. of butter, pepper and salt, nutmeg, short crust or rough puff paste.

METHOD.—Cook the lentils until they are soft enough to mash, add the butter and seasoning. They ought not to be very dry. Roll the paste very thin, and cut it into rounds with a paste cutter or a teacup. Into each round put a little of the lentil mixture, fold it up, wet the edge, and stick it together. Egg and breadcrumb the rissoles, and fry them in oil. Serve hot with fried parsley. Whole lentils are the best to use for this purpose.

TIME.—To fry the rissoles, 5 minutes. AVERAGE COST, *3d.* SUFFICIENT for 2 or 3 persons.

LENTIL SOUP (Good).

INGREDIENTS.—3 pints of second stock or water, 1 pint of milk, ½ pint of brown lentils, 1 onion, 1 carrot, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 1 oz. of butter, 1 tablespoonful of flour, salt and pepper, 2 tablespoonfuls of cream.

METHOD.—Wash the lentils, soak them for 24 hours, and when ready to use, drain well. Melt the butter in a stewpan, put in the vegetables, sliced herbs, and lentils, cover closely and let them steam in the butter for 15 or 20 minutes. Add the stock, salt and pepper, and cook gently for 2 hours, or until tender, then rub through a fine sieve. Return to the saucepan, add the milk and bring to the boil. Mix the flour with a little milk or stock, add it to the soup, stir and simmer for 5 minutes. Season to taste, add the cream, and serve. Croûtons of fried or toasted bread should be handed separately.

TIME.—2¾ to 3 hours. AVERAGE COST, *8d.* to *9d.* without the stock. SEASONABLE at any time. SUFFICIENT for 6 persons.

LENTIL SOUP (GREEN) (Vegetarian Dish).

INGREDIENTS.—½ pint of green lentils, a handful of spinach or a few drops of spinach colouring, 1 onion, 1 carrot, ½ a small turnip, allspice, 1 or 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 1 quart of water, ¼ pint of cream, or ½ pint of milk, salt and pepper.

METHOD.—Soak the lentils overnight. Wash and drain them well, put them into the water when boiling, add the vegetables, and ½ a teaspoonful of salt. Simmer for 3½ hours, or until soft, pass the whole through a fine sieve, and replace in the stewpan. Boil up, add the cream or milk, season to taste with salt and pepper, stir and boil gently for 10 minutes, then serve with fried or toasted croûtons of bread.

TIME.—About 4½ hours. AVERAGE COST, 4*d.* with milk, 8*d.* with cream. SUFFICIENT for 4 persons.

LENTILS, BOILED.

INGREDIENTS.—1 pint of lentils, 1 oz. of butter, ½ oz. of flour, ½ pint of stock or milk, 1 finely-chopped onion, salt and pepper.

METHOD.—Soak the lentils overnight in plenty of water, drain, cover them with boiling water, add a little salt, and boil gently until soft, but not broken. Fry the onion in the butter until lightly browned, add the flour, and when it has cooked for 2 or 3 minutes, put in the stock or milk, and stir the mixture until it boils. Strain and add the lentils, season to taste, cook gently for a few minutes, then serve. Or soak, boil, and drain the lentils as directed above, season to taste with salt and pepper, stir in a little butter, then serve.

TIME.—About an hour. AVERAGE COST, 2*d.* per pint. SEASONABLE at any time.

LENTILS, CURRIED (Vegetarian Dish).

INGREDIENTS.—¾ pint of lentils, curry sauce made with vegetable stock.

METHOD.—Soak the lentils in water for 12 hours, then drain them, cover them with boiling water, and boil gently until tender. Make the sauce as directed, drain and add the lentils, make thoroughly hot, and serve.

TIME.—About 3 hours. AVERAGE COST, 4*d.* to 6*d.* SUFFICIENT for 3 or 4 persons.

LENTILS, SAVOURY (Vegetarian Dish).

INGREDIENTS.—1 quart of lentils, 2 ozs. of butter, 1 dessertspoonful of finely-chopped onion, 1 teaspoonful of finely-chopped parsley, ½ pint of white sauce, salt and pepper.

METHOD.—Soak the lentils in tepid water for 3 hours, changing it as it becomes cold. Melt half the butter in a stewpan, lightly fry the onion and add the lentils, previously drained, then cover with warm water, season with salt and pepper, and cook gently for about 2 hours. As soon as the lentils are tender, remove the lid; when the water has evaporated allow the lentils to dry, add the rest of the butter, the white sauce and the parsley, season to taste, toss over the fire until thoroughly hot; dish up and serve.

TIME.—6 hours. AVERAGE COST, 7*d.* or 8*d.*, exclusive of the sauce. SUFFICIENT for 4 or 5 persons.

LETTUCE SALAD.

INGREDIENTS.—2 heads of cabbage lettuce, 2 hard-boiled eggs, 3 saladspoonfuls of salad-oil, 1 saladspoonful of tarragon vinegar, ½ a teaspoonful of chopped parsley, salt and pepper.

METHOD.—Trim, wash, and dry the lettuce thoroughly, tear it into shreds and place it in a salad-bowl. Put about 2 saltspoonfuls of salt and ½ a saltspoonful of pepper into the salad-spoon. Fill it with tarragon vinegar, stir until the salt is dissolved, then pour the contents of the spoon over the salad. Add 3 tablespoonfuls of salad-oil, mix the salad thoroughly, place on the top the eggs cut into quarters, sprinkle over the chopped parsley, and serve.

LETTUCE SOUP (Italian Dish).

INGREDIENTS.—3 pints of stock, 1 or 2 heads of lettuce, according to size, 2 tablespoonfuls of rice, 1 dessertspoonful of grated Parmesan cheese, salt and pepper.

METHOD.—Remove the outer

leaves, separate the rest, wash them well, and shred them finely, Wash the rice, put it into the stock when boiling, and season to taste. Boil gently for 10 minutes, then add the prepared lettuce gradually, so as not to reduce the temperature of the stock below boiling point, and continue to cook slowly for 20 minutes longer. Add the cheese and serve.

Time.—About ½ an hour. Average Cost, 4*d.*, exclusive of the stock. Sufficient for 5 or 6 persons. Seasonable at any time.

LETTUCES.

Method.—These form one of the principal ingredients of summer salads. They are seldom served in any other way, but may be stewed and sent to table in a good brown gravy flavoured with lemon-juice. In preparing them for salad carefully wash them free of dirt, pick off all the decayed and outer leaves, and dry them thoroughly by shaking them in a cloth. Cut off the stalks, and either halve, or cut the lettuces into small pieces. The manner of cutting them up entirely depends on the salad for which they are intended. In France, the lettuces are sometimes merely wiped with a cloth, and not washed, the cooks there declaring that the act of washing them injuriously affects the pleasant crispness of the plant; in this case, scrupulous attention must be paid to each leaf, and the grit thoroughly wiped away.

Average Cost.—From 1*d.* to 2*d.* per head. Obtainable all the year.

LEVERET, ROASTED.

Ingredients.—2 leverets, butter, flour.

Method.—Leverets should be trussed in the same manner as a hare, but they do not require stuffing. Roast them before a clear fire, and keep them well basted all the time they are cooking. A few minutes before serving dredge them lightly with flour. Serve with plain gravy in the dish, and send them to table with red-currant jelly.

Time.—From 40 to 50 minutes. Average Cost, about 4*s.* Seasonable from May to August.

LIMA BEANS.

Fresh Lima beans may be treated in the same manner as fresh peas, and the dried beans may be prepared and cooked according to the directions given for dressing haricot beans and lentils.

LIME SAUCE (Indian Recipe).

Ingredients.—Fresh limes, loaf or castor sugar.

Method.—Squeeze the juice from the limes, strain it, and add sugar to taste. Serve diluted with iced water.

LIMES, PICKLED (Indian Recipe).

Ingredients.—25 limes, 4 ozs. of salt, 4 ozs. of green chilies, 4 ozs. of green ginger, 2 ozs. of mustard seed freed from husks, 1 oz. of ground turmeric, 1½ pints of good vinegar.

Method.—Cut the limes across in halves, squeeze out all the juice, add 2 ozs. of salt, and cover closely. Sprinkle the remaining salt over the rinds, let them remain for 6 hours, then dry them in the sun for 3 days, or until hard. Boil the chilies, green ginger, mustard seed, and turmeric in the vinegar for 20 minutes. Let the preparation cool, mix with it the lime juice, and strain it over the lime rinds previously laid compactly in wide-necked bottles or jars. Cover closely, place them in the sun for 3 or 4 days, then store for use.

Time.—5 days. Cost, uncertain. Sufficient for 1 or 2 jars.

LINCOLN CAKE.

INGREDIENTS.—Take 2 lbs. of flour, ½ oz. of yeast, 1 lb. of butter, 6 eggs, ¼ lb. of Malaga raisins, ¼ lb. of currants, ½ lb. of sugar, ¼ oz. of saffron.

METHOD.—Dissolve the yeast in ½ pint of tepid water, put it into a clean basin, and stir in sufficient of the flour to make a nice soft dough. Well knead it, and leave it in the basin covered over in a warm place to prove. When well proved, take the remaining flour, turn it out on to the board, make a bay in the centre, put in the butter and sugar, and rub these together till smooth ; then add the eggs and a piece of fermented dough, and mix all well up together, mixing in the whole of the flour, and adding the saffron liquor which has been previously infused in a ¼ pint of warm water and strained. Well and thoroughly mix by rubbing it on the board, then add the raisins (stoned and cut up), and the currants (previously cleaned) ; then turn it into a large well-greased mould, or 2 smaller ones, stand it aside to prove, and, when well proved, bake in a moderate oven from 1½ to 2 hours.

TIME.—1½ to 2 hours, to bake. AVERAGE COST, 3*s*. SUFFICIENT for 1 large cake.

LING, FRIED.

INGREDIENTS.—2 lbs. of ling, 1 egg, breadcrumbs, frying-fat, salt and pepper, flour.

METHOD.—Wash and dry the fish, and cut it into slices, sprinkle them with salt and pepper, dredge well with flour, brush over with egg, and cover with breadcrumbs (when well coated with flour the fish browns nicely without the addition of egg and breadcrumbs). Fry in hot fat, drain well, and serve with a suitable fish sauce.

TIME.—About 20 minutes. AVERAGE COST, 5*d*. to 8*d*. per lb. SUFFICIENT for 4 or 5 persons.

LINSEED TEA (For Invalids).

INGREDIENTS.—1 oz. of whole linseed, ½ oz. of liquorice, ½ oz. of sugar candy, the juice of ½ a lemon, the finely-cut rind of ¼ of a lemon, 1 pint of cold water.

METHOD.—Wash and drain the linseed, and simmer it with the water, liquorice, and lemon-rind for about ½ an hour. Add the sugar candy, and when dissolved, strain and stir in the lemon-juice.

TIME.—40 minutes. AVERAGE COST, 3*d*.

LIQUEUR CUP.

INGREDIENTS.—1 pint of claret, 1 pint of water, 1 tablespoonful of Maraschino, 1 tablespoonful of kirsch, 1 orange cut into thin slices, the juice of 2 oranges, the juice of 3 lemons, 1 tablespoonful of castor sugar, broken ice.

METHOD.—Strain the orange and lemon-juice into a glass jug, and add the rest of the ingredients. Break the ice into small pieces, and put it into the cup just before serving.

LIVER AND LEMON SAUCE.

INGREDIENTS.—½ pint of melted butter, 1 lemon, the liver of a fowl, salt and pepper.

METHOD.—Boil the liver until firm, and chop it finely. Grate off the lemon-rind, and mix it with the liver. Remove every particle of white pith, and cut the lemon into dice, putting all the pips aside. Make the melted butter sauce, add the prepared liver, lemon-rind, and dice, season to taste, and use as required.

TIME.—About ½ an hour. AVERAGE COST, 2½*d*.

LIVER AND PARSLEY SAUCE.

Ingredients.—½ pint of melted butter, 1 tablespoonful of finely-chopped parsley, the liver of a fowl, salt and pepper.

Method.—Boil the liver until firm, and chop it finely, make the melted butter as directed, add the parsley and prepared liver, season to taste, and serve.

Time.—About 20 minutes. Average Cost, 2½*d.*

LIVER DUMPLINGS (German Dish).

Ingredients.—½ lb. of liver, preferably calf's, 2 ozs. of butter, 1 tablespoonful of flour, 2 eggs, 1 small onion finely chopped, the finely-grated rind of ½ a lemon, 1 good teaspoonful of finely-chopped parsley, 1 dinner roll, or other bread, soaked in milk, nutmeg, salt and pepper.

Method.—Wash and dry the liver thoroughly, chop it finely, and mix with it the bread, previously squeezed as dry as possible, lemon-rind, onion, parsley, and flour. Season to taste with nutmeg, salt and pepper, and moisten thoroughly with beaten egg. Add the egg by degrees, testing the mixture by dropping a little of it into boiling water. When the proper oonsistency is obtained, form into balls of moderate size, drop them into boiling stock or salted water, and cook gently from 15 to 20 minutes. Serve with the butter melted and poured over them.

Time.—From 30 to 40 minutes. Average Cost, 10*d.* to 1*s.* Sufficient for 2 or 3 persons. Seasonable at any time.

LIVER, SAVOURY.

Ingredients.—1 lb. of pig's liver, 1 lb. of potatoes, ¼ lb. of onions, ¼ teaspoonful of powdered sage, 1 teaspoonful of salt, ½ a teaspoonful of pepper, ½ pint of water, apple sauce.

Method.—Wash and dry the liver, cut it into rather thick slices, cut the onions into small dice, and slice the potatoes. Place a layer of potato at the bottom of a greased piedish, cover with slices of liver, add a good sprinkling of onion, and season well with salt and pepper. Repeat until all the materials are used, letting potato form the top layer. Pour in the water, cover with a greased paper, and bake slowly for 2 hours. Towards the end, remove the paper to allow the potatoes to brown. Serve with apple sauce.

Time.—About 2 hours. Average Cost, 10*d.* to 1*s.*, exclusive of the apple sauce. Sufficient for 5 or 6 persons.

LOBSTER, BAKED.

Ingredients.—1 lobster, 1½ ozs. of butter, 2 or 3 tablespoonfuls of white sauce, 1 egg, the juice of ½ a lemon, 1 dessertspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped shallots, brown breadcrumbs, nutmeg, salt and pepper.

Method. — Cut the lobster in two lengthwise, remove the meat from the shells, and mince it coarsely. Melt the butter in a stewpan, fry the shallots for 2 or 3 minutes without browning, then add the lobster, white sauce, parsley, lemon-juice, a pinch of nutmeg, as well as salt and pepper to taste; then stir over the fire until thoroughly hot. Beat the egg slightly, add it to the mixture, and cook until it begins to bind. Have ready the two halves of the large shell, put in the mixture, cover lightly with brown breadcrumbs, put 3 or 4 very small pieces of butter on the top, and bake for 10 or 15 minutes in a moderate oven. Garnish with fried parsley.

Time.—½ an hour. Average Cost, 2*s.* 6*d.* Sufficient for 4 or 5 persons. Seasonable at any time.

LOBSTER BUTTER.

Method. — Procure the eggs (spawn) and coral of a lobster, pound till smooth in a mortar with double its weight of fresh butter, rub through a fine sieve, and keep in a cool place till required.

LOBSTER BUTTER (Another Method).

Ingredients.—Lobster coral, butter, cayenne, salt.

Method.—Dry the coral thoroughly, then pound it until smooth, adding cayenne and salt to taste, and a little butter gradually until the desired consistency is attained.

Time.—½ an hour. Average Cost, 6*d.* to 9*d.*

LOBSTER CREAM (Cold).

Ingredients.—1 small lobster, 2 whitings, 1 gill of cream, 2 ozs. of butter, 2 ozs. of flour, 1 gill of fish stock made from bones of the whitings, 4 eggs, salt, paprika pepper, cayenne.

Method.—Skin the whitings, remove the bones, and use the latter for the fish stock required. Split the lobster, take the meat from the shell, cut it into small pieces, pound it with the whitings together in a mortar, then pass through a wire sieve. Make a panada with 1 oz. of butter, 2 ozs. of flour, and the gill of fish stock, and work it thoroughly. Return the whiting purée to the mortar with the panada, mix well, and work in the yolks of 4 and the whites of 2 eggs. When well pounded pass all through a hair sieve, season with salt, paprika pepper, and a little cayenne. Whisk the 2 whites of eggs to a stiff froth; also whip the cream, and add to the mixture. Have ready a plain charlotte or soufflé mould, well buttered, three parts fill it with the above preparation, cover with buttered paper, place it in a stewpan containing some boiling water, and steam very gently for about ¾ of an hour. Serve very hot with Suprême sauce poured over the cream. A little more cream may be added to the mixture than the above given quantity if a richer dish is desired.

Time.—To steam, about ¾ of an hour. Average Cost, 3*s.* to 3*s.* 6*d.* Sufficient for 7 or 8 persons. Seasonable at any time.

LOBSTER CREAM (Hot).

Ingredients.—1 lobster, 1 oz. of butter, 2 ozs. of flour, ¼ pint of milk, ¼ pint of cream, the yolks of 2 eggs, salt and pepper, cayenne.

Method.—Melt the butter in a small stewpan, add the flour, pour in the milk, and stir over the fire until the panada (or culinary paste) leaves the sides of the stewpan clear, and forms a compact mass round the bowl of the spoon, then put aside to cool. Cut one claw of the lobster into small dice, and set aside until wanted; pound the rest of the lobster in a mortar with the panada, yolks of eggs, and seasoning. Rub the mixture through a wire sieve into a basin, add the dice of lobster, and the cream (stiffly whipped), and mix all well, but lightly, together. Turn into a well-buttered mould, cover with a buttered paper, and steam very gently for 1 hour. The saucepan must have a close-fitting lid to keep in the steam. The water should reach about half-way up the mould. Serve with a suitable sauce.

TIME.—About 1¾ hours, altogether. AVERAGE COST, 2*s.* to 2*s.* 6*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

LOBSTER CREAMED (Chafing Dish Cookery).

INGREDIENTS.—1 medium-sized boiled lobster, 1 oz. of butter, 1 tablespoonful of flour, ½ pint of milk, salt, pepper, nutmeg, lemon-juice, cream, brown bread.

METHOD.—Pick the meat from the claws and body of the lobster, and chop it rather small. Melt the butter in the chafing dish, stir in the flour, cook a little without browning, then moisten with the milk, and boil up whilst stirring. Season with salt, pepper, and nutmeg. Put in the lobster mince, and let simmer whilst stirring for about 10 minutes. Now add 1 teaspoonful of lemon-juice and 2 tablespoonfuls of cream. Re-heat, but do not let it boil again. The dish is then ready to serve, and should be accompanied with thinly-cut buttered brown bread.

TIME.—20 minutes. AVERAGE COST, 2*s.* to 2*s.* 6*d.* SUFFICIENT for 2 or 3 persons. SEASONABLE all the year.

LOBSTER CROQUETTES (*See* Chicken Croquettes).

LOBSTER, CURRIED.

INGREDIENTS.—1 tin of lobster, 2 ozs. of Patna rice, ½ pint of milk, 1 dessertspoonful of curry-powder, 1 teaspoonful of flour, 1 small onion, lemon-juice, salt.

METHOD.—Prepare, boil, and dry the rice carefully. Melt the butter in a stewpan, fry the onion until lightly browned, add the flour and curry-powder, cook for 2 or 3 minutes, then pour in the milk and boil for a few minutes, stirring meanwhile. Divide the lobster into about 8 pieces, put them with the rice into the curry-sauce, add lemon-juice and salt to taste, let the stewpan stand by the side of the fire until the contents are thoroughly hot, then serve.

TIME.—45 minutes. AVERAGE COST, about 1*s.* 3*d.* SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

LOBSTER CURRY.

INGREDIENTS.—1 lobster (or tinned lobster of a reliable brand), ¾ pint of fish stock and milk mixed, or all milk may be used, 1 tablespoonful of grated cocoanut, 1 dessertspoonful of curry-powder, 1 teaspoonful of flour, 1 teaspoonful of curry-paste, 2 ozs. of butter, 1 large onion, 1 apple (green gooseberries or rhubarb may be substituted), salt, lemon-juice.

METHOD.—Melt the butter in a stewpan, put in the onion (coarsely chopped), the flour and curry-powder, and fry these gently for 10 minutes. Add the stock, milk, curry-paste, cocoanut, sliced apple, and salt, stir the mixture until it boils, then cover closely, and simmer gently for 1 hour, stirring occasionally. Remove the flesh from the lobster, and cut it into inch-square pieces. When the sauce is ready rub it through a fine sieve or strainer, return it to the saucepan, add seasoning to taste, and re-heat. Just before it reaches boiling point put in the pieces of lobster, cover closely, and draw the stewpan to the side of the stove for 15 or 20 minutes, to allow the lobster to become hot and impregnated with the flavour of the sauce, add lemon-juice to taste, and serve with boiled rice.

TIME.—About 2 hours. AVERAGE COST, 2*s.* to 2*s.* 6*d.* SUFFICIENT for 4 or 5 persons. SEASONABLE from April to October.

Note.—Crayfish, prawns, and other fish may be curried according to the directions given above; in all cases the fish must be cooked before being added to the sauce.

LOBSTER CURRY (From Tinned Lobster).

INGREDIENTS.—1 tin of lobster, ½ pint of curry sauce.

METHOD.—Thoroughly drain the lobster, and divide it into rather small neat pieces. Make the sauce as directed, put in the prepared lobster, make thoroughly hot, and serve. Well boiled rice and sliced lemon should be served with this dish.

TIME.—10 minutes, after the sauce is made. AVERAGE COST, 1*s.* 2*d.* to 1*s.* 6*d.* SUFFICIENT for 3 or 4 persons.

LOBSTER CUTLETS.

INGREDIENTS. — 1 hen lobster, 1½ ozs. of butter, 1 oz. of flour, ¼ pint of milk or water, 1 tablespoonful of cream, 1 egg, breadcrumbs, salt, cayenne, parsley, frying-fat.

METHOD. — Remove the flesh from the lobster, and chop it into small pieces. Pound the spawn (if any) with ½ oz. of butter, and pass it through a hair sieve. Melt 1 oz. of butter in a small stewpan, stir in the flour, add the milk, and boil well. Then add to it the lobster, cream, spawn, cayenne, and salt, mix well together, and turn on to a plate to cool. When the mixture is firm enough to mould, make it up into cutlets, cover them with egg and breadcrumbs, and fry until nicely browned in hot fat. Dish in a circle, putting a piece of lobster feeler in each cutlet to represent a bone, and garnish with fried parsley.

TIME.—About 2 or 2½ hours. AVERAGE COST, 1*s.* 9*d.* to 2*s.* 3*d.* SUFFICIENT for 9 or 10 small cutlets. SEASONABLE from April to October.

LOBSTER, DEVILLED.

INGREDIENTS.—1 good lobster, 3 tablespoonfuls of white breadcrumbs, a few browned breadcrumbs, 1½ ozs. of butter, 2 tablespoonfuls of white sauce or cream, cayenne.

METHOD.—Cut the lobster in two lengthwise, remove the meat carefully, as the large shell must be kept whole, and chop the meat finely. Melt the butter, pour it on to the lobster, add the breadcrumbs and white sauce, season rather highly with cayenne, and mix well. Press the mixture lightly into the lobster shell, cover with browned breadcrumbs, put 3 or 4 pieces of butter on the top, and bake for about 20 minutes in a moderate oven. Serve hot or cold.

TIME.—From 35 to 45 minutes. AVERAGE COST, 2*s.* to 3*s.* SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

LOBSTER, DEVILLED (Chafing Dish Cookery).

INGREDIENTS.—1 medium-sized lobster, Béchamel sauce, pepper, salt, 1 dessertspoonful of mustard, brandy, bread, and butter.

METHOD.—Remove the meat from the lobster and chop it finely; put it in a chafing dish with enough Béchamel or other white sauce to moisten, season with pepper and salt. Re-heat and add the mustard, mixed with a little brandy or sherry. Have ready some rounds of toasted bread, butter them, and spread them thickly with the hot lobster mixture, and serve.

TIME.—10 minutes. AVERAGE COST, 2*s.* to 2*s.* 6*d.* SUFFICIENT for 2 or 3 persons. SEASONABLE all the year.

LOBSTER FARCE FOR QUENELLES.

Ingredients.—6 ozs. of lobster, ¼ pint of fish stock or milk, 2 ozs. of flour, 1 oz. of butter, 2 eggs, 2 tablespoonfuls of cream, salt, cayenne.

Method.—Melt the butter in a saucepan, stir in the flour, add the stock or milk, and cook until it leaves the sides of the saucepan clear and forms a compact mass round the bowl of the spoon; then put it aside to cool. Chop the lobster finely, and pound it and the panada (flour mixture) well together in the mortar; add each egg separately, season to taste, pound thoroughly, and rub the mixture through a wire sieve. Stir in the cream, and the farce is ready for use. This mixture, being very light, is best steamed in small quenelle or dariol moulds.

Average Cost.—2*s.* to 2*s.* 6*d.* for this quantity.

LOBSTER IN ASPIC.

Ingredients.—1 large or 2 small lobsters, 1 pint of aspic jelly, 3 hard-boiled eggs, 1 large lettuce, a few tarragon leaves, capers, olives stoned, and truffles; oil and vinegar, pepper and salt, Mayonnaise sauce.

Method. — Put into a quart border mould enough melted aspic jelly to thinly cover it, and when it begins to set, arrange in it the flesh of the body and claws of the lobster (which should be cut into neat pieces) with a few tarragon leaves and capers, filling up the mould with the jelly. Well wash, dry, and shred the lettuce, and mix with it the remainder of the lobster, the oil and vinegar, with pepper and salt. When the mould is firmly set, turn it out and pile the salad in the centre, and around it as a border, masking it smoothly with a thick Mayonnaise sauce. Lastly, garnish the whole with the eggs cut up, the coral and the little claws of the lobster, the capers and truffles, etc.

Time.—About 2 hours. Average Cost, 3*s.* 6*d.*, exclusive of sauce. Sufficient for 6 persons. Seasonable at any time.

LOBSTER IN WHITE SAUCE (Tinned Fish).

Ingredients.—1 tin of lobster, ⅓ pint of white sauce, puff paste trimmings, breadcrumbs, butter, salt and pepper, cayenne.

Method.—Thoroughly drain the lobster, and divide it into large flakes. Put a border of puff paste round a piedish, and bake in a quick oven. Make the sauce as directed. Place the lobster in the piedish, sprinkling each layer liberally with pepper and very sparingly with cayenne, add the white sauce, and cover rather thickly with breadcrumbs. Season with salt and pepper, add a few small pieces of butter, and bake in a quick oven until the surface is browned.

Time.—From 35 to 45 minutes. Average Cost, 1*s.* 2*d.*, exclusive of the paste. Sufficient for 4 persons.

LOBSTER MAYONNAISE.

Ingredients.—1 large lobster, 4 filleted Gorgona anchovies, 1 hard-boiled egg, 6 stoned olives, 4 gherkins, a few slices of pickled beetroot, a tablespoonful of capers, 1 large or 2 small lettuces, Mayonnaise sauce.

Method.—Cut the lobster in two lengthwise, break the claws carefully, remove the meat intact, if possible, and cut the remainder of the lobster into small pieces. Wash and dry the lettuces, tear it into small pieces, put it into a bowl with the small pieces of lobster, and add gradually sufficient Mayonnaise to moisten the whole. Arrange this in the centre of a round dish in the form of a dome, mask it with very stiff Mayonnaise sauce, and surround it with pieces of hard-boiled egg. Garnish tastefully with strips of anchovy, strips or slices of gherkin, fancifully-cut pieces of beetroot, olives, and capers. Keep on ice until required, and serve as cool as possible.

TIME.—½ an hour. AVERAGE COST, 3*s.* 6*d.* to 4*s.* SUFFICIENT for 6 to 8 persons. SEASONABLE from April to October.

LOBSTER PATTIES.

INGREDIENTS.—1 lb. of puff paste, 1 small lobster, 1½ ozs. of butter, ½ oz. of flour, the yolks of 3 eggs, ¼ pint of fish stock, or milk (about), ½ gill of cream, ½ a teaspoonful of lemon-juice, a few drops of anchovy essence, cayenne, salt, parsley.

METHOD.—When giving the paste its last turn, roll it out to a thickness of ½ an inch, and with a hot wet cutter of 2½ inches diameter stamp out 8 or 9 rounds of paste. Brush them over with a beaten egg, then make an inner ring to about ½ the depth of the paste with a 1-inch diameter cutter, previously dipped in hot water. Bake them in a hot oven from 20 to 25 minutes, then remove and take care of the tops, scoop out the soft inside, and keep the patty-cases warm. Melt the butter in a stewpan, add the flour and cook a few minutes ; then pour in the fish stock or milk, and stir until the sauce boils. Simmer for 10 minutes, add the cream, yolks of eggs, lemon-juice, anchovy essence, and seasoning to taste, simmer gently until the yolks of the eggs thicken, then pass through a cloth or fine sieve. Return to the stewpan, put in the lobster (cut into dice) ; when thoroughly hot put into the cases, put on the covers, garnish with parsley, and serve.

TIME.—½ an hour after the paste is made. AVERAGE COST, 1*s.* 8*d.*, exclusive of the paste. SUFFICIENT for 8 or 9 patties. SEASONABLE from April to October.

LOBSTER, POTTED.

INGREDIENTS.—Tinned lobster, butter, anchovy sauce, cayenne.

METHOD.—Drain and pound the lobster to a paste, adding sufficient butter and anchovy sauce to moisten it. Season highly with cayenne, if available, pass the mixture through a fine sieve, press it into small pots, and cover it with clarified butter.

TIME.—About 35 minutes. AVERAGE COST, 1*s.* 3*d.* to 1*s.* 5*d.* when the whole tin is used. SUFFICIENT for 3 or 4 pots.

LOBSTER RISSOLES.

INGREDIENTS.—1 small lobster, puff paste trimmings, 1 yolk of egg, 1 or 2 tablespoonfuls of white sauce or fish sauce, ½ a teaspoonful of finely-chopped parsley, cayenne, egg and breadcrumbs, frying-fat.

METHOD.—Remove the flesh of the lobster from the shell, and chop it finely. Put it into a saucepan with the yolk of egg, white sauce, parsley, and a pinch of cayenne, and stir over the fire until thoroughly hot. Season to taste, turn it on to a plate, and put aside until cold. Roll the paste out as thinly as possible, stamp out into rounds about 2 inches in diameter, and place a little of the lobster preparation in the centre of each. Moisten the edge of the paste with cold water, fold over in a half-moon shape, and coat carefully with egg and breadcrumbs, or, if preferred, egg and crushed vermicelli. Have ready a deep pan of hot fat, fry the rissoles to a golden-brown colour, then drain well, dish up and serve.

Time.—About 2 hours. Average Cost, 1*s*. 3*d*. to 1*s*. 10*d*. Sufficient for about 10 rissoles. Seasonable at any time.

LOBSTER SALAD.

Ingredients.—1 hen lobster, lettuces, endive, small salad (whatever is in season), a little chopped beetroot, 2 hard-boiled eggs, a few slices of cucumber. For dressing: 4 tablespoonfuls of oil, 2 tablespoonfuls of vinegar, 1 teaspoonful of made mustard, the yolks of 2 eggs, cayenne, and salt to taste, ¼ of a teaspoonful of anchovy sauce. These ingredients should be mixed perfectly smooth, and form a creamy sauce.

Method.—Wash the salad, and thoroughly dry it by shaking it in a cloth. Cut up the lettuces and endive, pour the dressing on them, and lightly mix it in the small salad. Blend all well together with the meat of the lobster. Pick the meat from the claws, cut it up into nice square pieces, put half in the salad, and reserve the other half for garnishing. Separate the yolks from the whites of 2 hard-boiled eggs, chop the whites finely, and rub the yolks through a sieve. Arrange the salad lightly on a glass dish, and garnish, first with a row of sliced cucumber, then with the pieces of lobster, the yolks and whites of the eggs, coral and beetroot placed alternately, and arrange in small separate groups, so that the colours contrast nicely. Tinned lobsters may be used.

Time.—About 20 minutes. Average Cost, 3*s*. 6*d*. Sufficient for 6 persons. Seasonable from April to October.

Note.—A few crayfish make an effective garnish to lobster salad.

LOBSTER SAUCE.

Ingredients.—½ a pint of Béchamel sauce, a small hen lobster, 1 oz. of butter, seasoning.

Method.—Remove the coral from the lobster, wash it and pound it with the butter, and rub all through a hair sieve. Remove the meat from the tail and claws of the lobster, and cut it into small neat pieces. Warm the Béchamel sauce, add the coral-butter, mix well, then add the pieces of lobster, warm thoroughly, season, and serve.

Time.—About ½ an hour. Average Cost, 4*d*. without the lobster.

LOBSTER, SCALLOPED.

Ingredients.—1 hen lobster, ¼ pint of white sauce, 2 yolks of eggs, anchovy essence, butter, breadcrumbs, cayenne, salt and pepper.

Method.—Remove the spawn, pound it with 1 oz. of butter, and pass it through a fine sieve. Cut the flesh of the lobster into small dice. Heat the sauce, add the pounded spawn, ½ a teaspoonful of anchovy essence, cayenne, and seasoning to taste. Stir over the fire for a few minutes, add the lobster and yolks of eggs, and continue to stir and cook slowly for 2 or 3 minutes longer. Turn into well-buttered scallop-shells, or the lobster shell if preferred, and add a thin layer of breadcrumbs. Sprinkle lightly with salt and pepper, add a few small pieces of butter, and bake in a moderate oven for about ½ an hour.

Time.—To bake the scallops, about ½ an hour. Average Cost, from 2*s*. to 2*s*. 6*d*. Sufficient for 4 or 5 persons. Seasonable from July to September.

LOBSTER, SCALLOPED (Preserved).

Ingredients.—1 tin of lobster (a good brand), ⅓ pint of white sauce,

½ a teaspoonful of anchovy essence, butter, breadcrumbs, salt, cayenne.

METHOD.—Take the lobster out of the tin, and cut the flesh into small dice. Make the white sauce as directed, add about ½ a teaspoonful of anchovy essence, salt to taste, and a liberal seasoning of cayenne. Place the prepared lobster in well-buttered scallop shells, cover lightly with sauce, and add a thin layer of breadcrumbs. Sprinkle with oiled butter, bake until lightly browned, then serve.

TIME.—To bake the scallops, about 20 minutes. AVERAGE COST, 1*s.* SUFFICIENT for 6 persons. SEASONABLE at any time.

LOBSTER SOUP.

INGREDIENTS.—1 large lobster, 1 quart of stock (preferably fish), ½ pint of milk, 2 ozs. of butter, 1½ ozs. of flour, 1 carrot, ½ a turnip, 1 or 2 strips of celery, 3 or 4 shallots, or 1 small onion, a bouquet-garni (parsley, thyme, bay-leaf), 1 teaspoonful of anchovy essence, salt and pepper, small quenelles of whiting or other white fish.

METHOD.—Slice the vegetables and fry them in the butter until pale brown; then stir in the flour, add the stock, and stir until it boils. Remove the shell of the lobster, cut the meat from the claws into dice or cubes, and set it aside until wanted. Add the bouquet-garni, the rest of the lobster, and the pounded shell to the stock, simmer for ½ an hour; then take out the shell and rub the rest through a fine sieve. Return to the saucepan, add the milk, and when near boiling point put in the quenelles, anchovy essence, and necessary seasoning. Place the dice of lobster in the tureen, and pour in the soup.

TIME.—1½ hours. AVERAGE COST, 2*s.* 9*d.* to 3*s.* SEASONABLE from April to October. SUFFICIENT for 6 persons.

LOBSTERS, TO BOIL.

INGREDIENTS.—¼ lb. of salt to each gallon of water.

METHOD.—Buy the lobsters alive, and choose those that are heavy and full of motion, which is an indication of their freshness. When the shell is encrusted, it is a sign they are old; medium-sized lobsters are the best. Have ready a stewpan of boiling water, salted in the proportion mentioned above, put in the lobsters and keep them boiling quickly from 20 to 45 minutes, according to their size, and do not forget to skim well. If boiled too long, the meat becomes thready, and if not done enough, the spawn is not red. Rub the shells over with a little butter or sweet oil, which must be wiped off again.

TIME.—Small lobster, 20 minutes to ½ an hour; large ditto, ½ to ¾ of an hour. AVERAGE COST, medium size, 1*s.* to 3*s.* 6*d.* Seasonable all the year, but best from June to September.

LOBSTERS, TO DRESS.

Wash the lobster well before boiling, tie the claws securely, and throw the lobster, head first, into a saucepan of salted boiling water; this method instantly destroys life. Then boil the lobster gently from 20 to 40 minutes, according to its size, but avoid overcooking, which causes the flesh to become hard. When cool enough to handle, rub over with a little salad-oil to brighten the colour. When quite cold, break off the claws and tail, and divide the latter lengthwise by the line running from head to tail. Place the body upright in the centre of a dish, with one-half of the tail on either side, and at the ends arrange the claws, which should previously be cracked with a hammer without injuring the flesh.

The dish should be garnished tastefully with parsley.

TIME.—From 20 to 40 minutes. AVERAGE COST, 1*s*. 3*d*. to 3*s*. 6*d*. each, according to size.

LOQUAT PIE OR TART (Australian Dish).

INGREDIENTS. — 1 quart of loquats, 1 tablespoonful of lemon-juice, 3 ozs. of loaf sugar, ½ pint of cold water, short crust paste.

METHOD.—Wash and halve the fruit, remove the stones, and place them in a stewpan with the sugar, water, and lemon-juice. Simmer gently for 10 minutes, then strain, replace the liquor in a stewpan, add the fruit, and cook gently until tender. Turn the whole into a piedish, cover with paste, bake in a moderately hot oven, and serve either hot or cold.

TIME.—About 2 hours. AVERAGE COST, about 1*s*.

LOVING CUP.

INGREDIENTS.—1 bottle of champagne, ½ a bottle of Madeira, ¼ pint of French brandy, 1½ pints of water, ¼ lb. of loaf sugar, 2 lemons, a few leaves of balm, 2 or 3 sprigs of borage.

METHOD.—Rub the peel off one lemon with some lumps of sugar, then remove every particle of pith, also the rind and pith of the other lemon, and slice them thinly. Put the balm, borage, the sliced lemons, and all the sugar into a jug, add the water, Madeira, and brandy, cover, surround with ice, and let the mixture remain thus for about 1 hour. Also surround the champagne with ice, and add it to the rest of the ingredients when ready to serve.

LUNCHEON CAKE.

INGREDIENTS.—½ lb. of butter, 1 lb. of flour, ¼ oz. of caraway seeds, ½ lb. of currants, 6 ozs. of moist sugar, 1 oz. of candied peel, 3 eggs, ½ pint of milk, 2 small teaspoonfuls of baking-powder.

METHOD.—Rub the baking-powder and butter into the flour until it is quite fine; add the caraway seeds, currants (which should be nicely washed, picked, and dried), sugar, and candied peel cut into thin slices; mix these well together, and moisten with the eggs, which should be well whisked, and with the milk wet up the other ingredients into a nice soft cake batter. Butter a tin, pour the cake mixture into it, and bake it in a moderate oven from ¾ to 1 hour.

TIME.—1 to 1½ hours. AVERAGE COST, 1*s*. 6*d*. SUFFICIENT for 1 cake.

MACARONI AND CREAM (Vegetarian Dish).

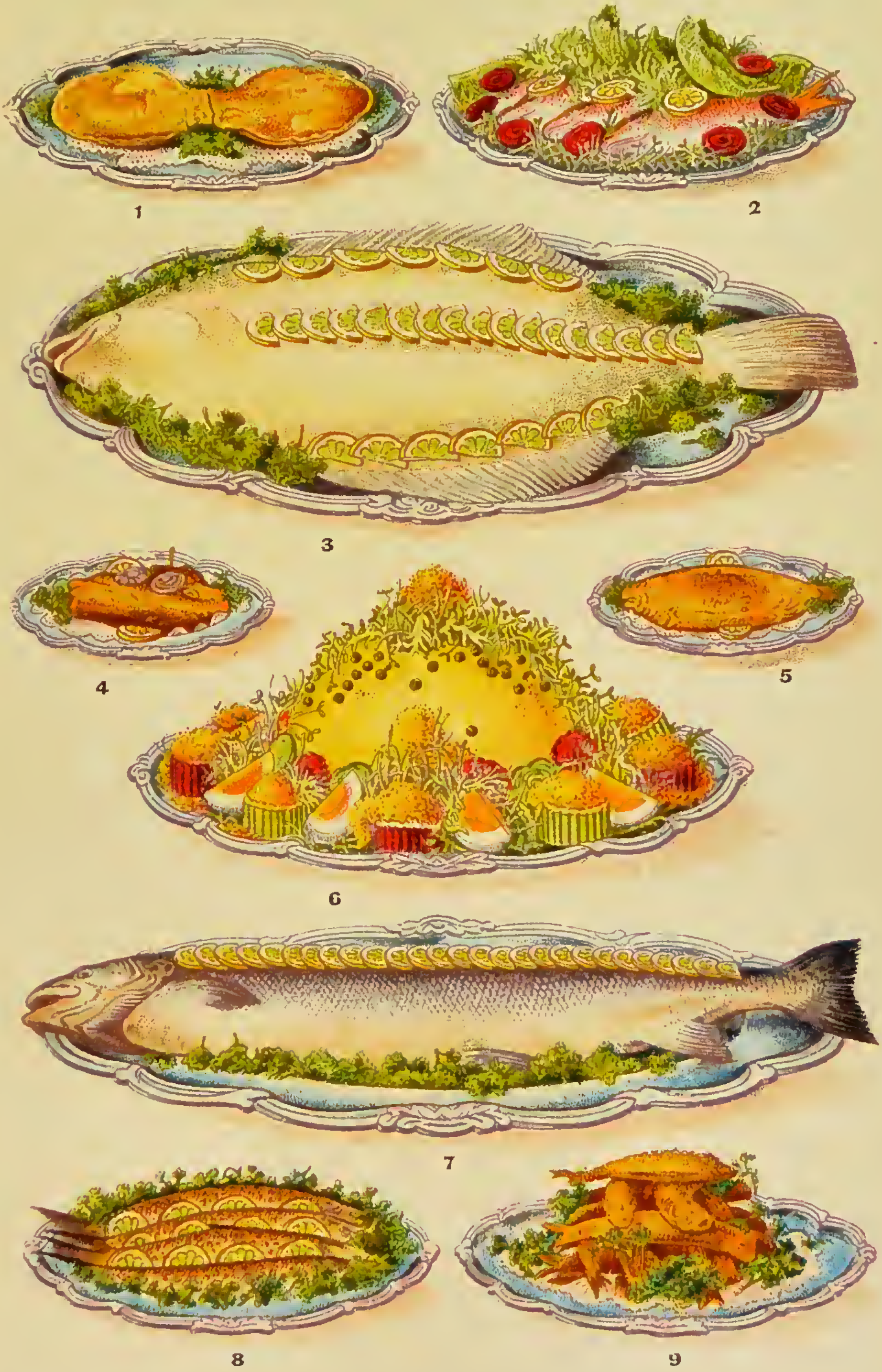
INGREDIENTS.—½ lb. of macaroni, 2 ozs. of Gruyère cheese grated, 2 ozs. of Parmesan cheese grated, 2 ozs. of butter, ⅓ pint of cream, salt and pepper, triangles of fried or toasted bread.

METHOD.—Break the macaroni into short lengths, throw them into boiling salted water, and boil rapidly for 20 minutes, or until tender. Heat the butter, drain and add the macaroni, stir in the cheese and cream, and season to taste. Make quite hot, and serve garnished with sippets of bread.

TIME.—About ½ an hour. AVERAGE COST, 1*s*. 3*d*. to 1*s*. 5*d*. SUFFICIENT for 2 or 3 persons.

MACARONI AND ONION FRITTERS (Vegetarian Dish).

INGREDIENTS.—4 ozs. of onions, 2 ozs. of macaroni, 6 ozs. of breadcrumbs, 3 eggs, and seasoning.



FISH—1 Scallops au Gratin. 2 Red Mullet. 3 Turbot. 4 Cod Steak. 5 Fried Sole. 6 Mayonnaise of Salmon. 7 Salmon au Naturel. 8 Brown Trout. 9 Smelts.

METHOD.—Stew the macaroni in water, and when tender, drain and cut into small pieces, add the onions boiled and chopped, the breadcrumbs moistened with a little water, and the eggs well beaten; season with pepper and salt, and shape them; next fry the shapes, and serve with brown sauce.

TIME.—Altogether, about 40 minutes. AVERAGE COST, *6d.* to *7d.* SUFFICIENT for 2 persons.

MACARONI AND TOMATOES.

INGREDIENTS.—4 ozs. of macaroni, tomatoes fresh or tinned, 1 oz. of butter, 1 oz. of flour, sugar, salt and pepper.

METHOD.—Break the macaroni into short lengths, put it into rapidly boiling salted water, and cook until tender. Prepare ½ pint of tomato purée by passing the tomatoes through a fine sieve. Melt the butter in a stewpan, add the flour, and cook a few minutes. then put in the tomato purée, a good pinch of sugar, and season to taste. Let it boil for a few minutes, then add the macaroni, and when thoroughly hot turn on to a dish, and serve.

TIME.—From 40 to 45 minutes. AVERAGE COST, *6d.* SUFFICIENT for 2 or 3 persons. SEASONABLE at any time.

MACARONI AND TOMATOES (Vegetarian Dish).

INGREDIENTS.—½ lb. of Naples macaroni, salt and water, ½ oz. of flour, ½ oz. of butter, 3 tablespoonfuls of tomato sauce, 1 onion stuck with 2 cloves.

METHOD.—Drop the macaroni into quickly boiling water, with salt and the onion, and boil for ½ an hour, or until tender, then drain the water off. Melt the butter in a saucepan, add the flour and the water (of which there should be about ½ pint), let it boil, add the tomato sauce and the macaroni. When it is hot through it is ready to serve. The onion should be removed.

TIME.—About 40 minutes. AVERAGE COST, *5d.* to *6d.* SUFFICIENT for 2 or 3 persons.

MACARONI CHEESE.

INGREDIENTS.—4 ozs. of macaroni, 3 ozs. of grated cheese, 1 oz. of butter, ½ oz. of flour, ½ pint of milk, ½ a teaspoonful of made mustard, salt and pepper, to taste brown breadcrumbs.

METHOD.—Break the macaroni into small pieces, put them into slightly-salted rapidly boiling water, boil until tender, and drain well. Melt the butter in a stewpan, stir in the flour, add the milk, and boil well, stirring continuously. Now add the macaroni, cheese, mustard, a liberal seasoning of salt and pepper, and mix all well together. Have ready a well-buttered fireproof dish, turn the mixture into it, sprinkle the surface with brown breadcrumbs and grated cheese, place a few small pieces of butter on the top, and bake in a quick oven until nicely browned. If preferred, the mixture may be cooked in scallop shells or ramakin cases.

TIME.—¾ of an hour. AVERAGE COST, *6d.* SUFFICIENT for 1 dish.

MACARONI CHEESE (Another Method).

INGREDIENTS.—4 ozs. of macaroni, 2 ozs. of cheese, 1 oz. of butter, ½ oz. of flour, ½ pint of milk, made mustard, salt and pepper, browned breadcrumbs.

METHOD.—Place a saucepan holding about 2 quarts of water on the fire; when boiling add a dessertspoonful of salt and the macaroni broken in small pieces, and cook until tender, but not too soft.

Make a sauce by blending the butter and flour together over the fire, add the milk, stir until boiling, put in the cheese, macaroni, mustard, salt and pepper to taste. Turn the mixture into a buttered piedish, sprinkle the surface with brown breadcrumbs and grated cheese, and bake in a brisk oven for about 10 minutes.

Time.—40 minutes. Average Cost, 6*d.* Sufficient for 4 persons. Seasonable at any time.

MACARONI OR SPAGHETTI PUDDING.

Ingredients.—1 oz. of macaroni or spaghetti, 1 oz. of butter, 1 oz. of sugar, 1 pint of milk, 2 eggs, the grated rind of ½ a lemon or other flavouring, salt.

Method.—Break the macaroni or spaghetti into ½-inch lengths, put them with a pinch of salt into the milk when boiling, and simmer until tender. Add the sugar, butter, lemon-rind, and the well-beaten yolks of the eggs, stir the mixture by the side of the fire for a few minutes, but do not let it boil. Lastly, add the stiffly-whisked whites of eggs, then turn the mixture into a buttered piedish, and bake slowly from 25 to 30 minutes.

Time.—About 1¼ hours. Average Cost, 6*d.* Sufficient for 3 or 4 persons.

MACARONI PIE (South African Recipe).

Ingredients.—¼ lb. of macaroni, ¼ lb. of grated cheese, 1 oz. of butter, 1 teaspoonful of made mustard, salt, pepper, flaky paste, ⅓ pint of milk.

Method.—Break the macaroni into short lengths, throw them into rapidly-boiling salted water, cook until tender, and drain well. Replace in the stewpan, stir in the cheese, milk, butter, and a good seasoning of salt and pepper. Turn the preparation into a piedish lined with paste, bake in a moderate oven for about 20 minutes, and serve hot.

Time.—About 1 hour. Average Cost, 5*d.* to 6*d.*, exclusive of the paste. Sufficient for 2 or 3 persons. Seasonable at any time.

MACARONI PUDDING (Vegetarian Dish).

Ingredients.—6 ozs. of macaroni, ¼ lb. bread, 1 teaspoonful of parsley, ½ a teaspoonful of mixed herbs, lemon-peel, spice, pepper and salt, 3 ozs. of butter, 1 egg.

Method.—Parboil the macaroni, and with it line a pint basin previously buttered. Soak the bread in cold water, squeeze it dry, and add the rest of the ingredients with any macaroni that may be over, cut into pieces. Fill the basin and press it down. Cover it with buttered paper, and steam for 1¼ hours. Serve hot with white or brown sauce.

Time.—To steam the pudding, ¼ of an hour. Average Cost, 6*d.* to 7*d.* Sufficient for 2 persons.

MACARONI, SAVOURY.

Ingredients.—4 ozs. of macaroni, 1 tablespoonful of grated cheese, 1 teaspoonful of anchovy essence, ¼ pint of white sauce, 2 or 3 tablespoonfuls of cream, cayenne, salt and pepper.

Method.—Break the macaroni into short pieces, throw them into rapidly-boiling salted water, boil for 20 minutes, or until tender, and drain well. Have the sauce ready, add the macaroni, cheese, cream, anchovy essence, cayenne, salt and pepper to taste. Mix well, then turn into china coquilles or ramakin cases, bake in a moderately hot oven until the surface is well browned, and serve hot.

TIME.—30 to 40 minutes. AVERAGE COST, *6d.* to *7d.* SUFFICIENT for 4 coquilles or 8 ramakins. SEASONABLE at any time.

MACARONI SOUP.

INGREDIENTS.—3 pints of stock made from the bones and trimmings of meat (*see* Bone Soup), 1 oz. of butter, 1 oz. of flour, 2 ozs. of macaroni, salt and pepper.

METHOD.—Put the macaroni into boiling salted water and boil quickly until tender (20 to 30 minutes), then cut it into short lengths. Boil the stock, knead the flour and the butter together, add the compound to the stock, and stir until it becomes smoothly mixed with it. Season to taste, put in the macaroni, cook for 5 minutes, and serve.

TIME.—40 to 50 minutes. AVERAGE COST, about *2d.*, without the stock. SEASONABLE at any time. SUFFICIENT for 6 persons.

MACARONI, SWEET.

INGREDIENTS.—¼ lb. of macaroni, 1½ pints of milk, 3 ozs. of sugar, the thinly-cut rind of 1 lemon, ¾ pint of boiled custard, nutmeg.

METHOD.—Boil the milk, add the sugar, lemon-rind, macaroni in 3-inch lengths, and simmer gently until tender, but firm and unbroken. Place the macaroni in a deep dish, let it become quite cold, then pour over the prepared cold custard, grate with nutmeg, and serve.

TIME.—About 1½ hours. AVERAGE COST, *10d.* SUFFICIENT for 4 or 5 persons.

MACAROON TRIFLE.

INGREDIENTS.—12 or 14 macaroons, 6 ratafias, 1 oz. of castor sugar, 3 ozs. of glacé fruits (cherries, etc.), ¼ oz. of pistachios, 2 eggs, 1½ gills of milk, 1 gill of cream, 1 gill of sherry.

METHOD.—Bring the milk nearly to boiling point, add the sugar and beaten yolks of eggs, and stir by the side of the fire until the mixture thickens, but do not let it boil, or the eggs may curdle. Place the macaroons compactly in a deep dish, add the crumbled ratafias, and pour over the sherry. Stir the custard frequently until quite cold, then pour it over the biscuits, pile the stiffly-whipped sweetened cream on the top, and garnish with shredded pistachios and fruits.

TIME.—About 1 hour. AVERAGE COST, *2s. 9d.* SUFFICIENT for 6 or 7 persons.

MACAROONS.

INGREDIENTS.—½ lb. of ground sweet almonds, ¾ lb. of castor sugar, the whites of 3 eggs, wafer paper.

METHOD.—Mix the sugar and ground almonds well together on the board, then put them into a large marble or porcelain mortar, add the whites of eggs, and proceed to well rub the mixture into a smooth paste. When it begins to get stiff and stands up well it is ready, or if uncertain whether the paste has been pounded enough, try one in the oven, and if all right, lay sheets of wafer paper over clean baking-sheets, and lay out the biscuits upon it with a spoon, or savoy bag, place a few split almonds on the top of each, then bake in a cool oven.

TIME.—15 to 20 minutes in a slow oven. AVERAGE COST, *1s. 3d.* per lb. SUFFICIENT for 24 to 36 biscuits.

MACE.

Mace is the outer shell or husk of the nutmeg, and naturally resembles it in flavour. Its general qualities are the same as those of the nutmeg, producing an agreeable aromatic odour. When good its hue is orange-yellow.

MACEDOINES, PRESERVED

(*See* **Peas, Tinned, to Dress**). Follow the directions given, but omit the mint.

MACKEREL, BAKED.

Ingredients.—2 mackerel of medium size, veal forcemeat, 1 oz. of butter or sweet dripping, pepper and salt, flour.

Method.—Clean the fish, take out the roes, put in the forcemeat, and sew up the opening. Put them with the roes into a baking-dish, add the butter or dripping, dredge with flour, sprinkle well with salt and pepper, and bake from 30 to 40 minutes, basting occasionally. Serve with parsley sauce, or melted butter sharpened by the addition of lemon-juice, and finely-chopped parsley.

Time.—About 1 hour altogether. Average Cost, 6*d.* to 9*d.* each. Sufficient for 4 or 5 persons. Seasonable from April to July.

MACKEREL, BOILED, WITH PARSLEY SAUCE.

Ingredients.—2 mackerel, water, salt, parsley sauce.

Method.—Remove the roes, wash the fish, put them into the fish-kettle, with just sufficient hot water to cover them, and add salt to taste. Bring the water gently to near boiling point, then draw the kettle aside, and cook very gently for about 10 minutes. If cooked too quickly, or too long, the skin is liable to crack, and spoil the appearance of the fish. It is a sure indication that the fish is sufficiently cooked when the skin becomes loose from the flesh. Drain well, place the mackerel on a hot dish, pour over them a little parsley sauce, and serve the remainder separately in a tureen. Fennel and anchovy sauces may also be served with boiled mackerel.

Time.—From 10 to 15 minutes. Average Cost, 6*d.* to 9*d.* each. Sufficient for 5 or 6 persons. Seasonable from April to July.

MACKEREL, BROILED.

Ingredients.—1 large mackerel, a little salad-oil or butter, salt and pepper.

Method.—Do not wash the fish, but wipe it clean and dry. Split it down the back, sprinkle it well with seasoning, and brush lightly over with salad-oil or warm butter. The fish has a more delicate flavour if wrapped in a well-buttered paper, but it may be broiled without it. The fire must be clear, and the fish should be turned frequently. Allow 15 to 20 minutes for a mackerel of medium size, and a few minutes longer when broiled in paper. Serve with maître d'hôtel butter or parsley sauce.

Time.—15 to 25 minutes. Average Cost, from 6*d.* to 10*d.* Sufficient for 2 or 3 persons. Seasonable from April to July.

MACKEREL, FILLETS OF.

Ingredients.—2 medium-sized mackerel, $\frac{3}{4}$ pint of Béchamel sauce, $1\frac{1}{2}$ ozs. of butter, 1 teaspoonful of lemon-juice, salt and pepper.

Method.—Wash, dry, and fillet the fish. Melt the butter in a sauté-pan, and fry the fillets without browning them. Remove the fish and keep it hot, put in the Béchamel sauce, and bring nearly to boiling point; then return the fish to the stewpan, cover closely, and simmer gently for 10 minutes. Remove the fish carefully to a hot dish, add the lemon-juice to the sauce, season if necessary, and strain over the fish.

Time.—About ½ an hour. Average Cost, 6*d.* to 1*s.* Sufficient for 4 persons. Seasonable from April to July.

MACKEREL, GRILLED.

Ingredients.—1 mackerel. For the marinade (or pickle): 1½ tablespoonfuls of salad-oil or oiled butter, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped shallot or onion, salt and pepper.

Method.—Wipe or wash, clean, and dry the fish thoroughly. Score the back with a sharp knife, pour the marinade over, and let it remain for 1 hour, turning it 2 or 3 times. Drain well, and grill over a clear fire from 12 to 15 minutes, according to size. Or, if more convenient, cover it lightly with brown bread-crumbs, add a few small bits of butter, and bake in a moderate oven for about 20 minutes. Serve with parsley, Hollandaise, or other suitable sauce.

Time.—From 12 to 20 minutes. Average Cost, 6*d.* to 1*s.*, according to size. Sufficient, 1 small mackerel for 2 persons. Seasonable from February to October.

MACKEREL, PICKLED.

Ingredients.—2 or 3 mackerel, ½ pint of vinegar, water, 12 peppercorns, 2 bay-leaves, allspice, salt and pepper.

Method.—Clean and wash the fish and take out the roes. Place the mackerel in an earthenware baking-dish with the roes (mackerel are best in that part of the season when the roes are not full grown), sprinkle them well with salt and pepper, add the bay-leaves, allspice, peppercorns, vinegar, and about ¼ pint of water, cover with a greased paper, and bake in a cool oven for nearly 1 hour. Let them remain in the liquor until required.

Time.—About 1 hour. Average Cost, 6*d.* to 1*s.* each. Sufficient for 4 or 5 persons. Seasonable from April to July.

MACKEREL, SMOKED.

Ingredients.—Mackerel, common salt, to each 8 ozs. of which add 1 oz. of saltpetre.

Method.—Clean and open the fish, empty the inside and dry thoroughly. Cover thickly with salt and saltpetre, let them remain from 24 to 36 hours, according to size, then drain well. Hang the mackerel in a row by means of a stick pushed through the sockets of the eye, and dry them in the sun or expose them to the heat of the fire for a day or two. If the ordinary means of smoking in the chimney are available they should be employed; if not, half fill an old cask, open at both ends with sawdust put a red-hot iron in the middle of it, and suspend the fish across the cask, which must be covered to keep in the smoke. In about 30 hours the fish will be ready.

MADEIRA CAKE.

Ingredients.—1 lb. of butter, 1½ lbs. of flour, 1 lb. of castor sugar, the grated rind of 1 lemon, 2 ozs. of candied peel, 5 or 6 eggs.

Method.—Put the butter and sugar into a clean pan, add the grated rind of 1 lemon, and with the hand beat it up to very light cream; add in the eggs 1 at a time, and beat well after each addition of eggs; when all are in and the batter is very light and creamy, add the flour, stir it in lightly with the hand, and when well mixed divide the mixture equally into 3 or 4 round tins, papered at the bottoms and sides with buttered white paper; dust sugar over from a dredger, and lay 2 very thin slices of citron peel on top. Bake in a moderate oven. They will take from 1 to 1¼ hours to bake.

TIME.—1 to 1½ hours. AVERAGE COST, 2*s.* 6*d.* SUFFICIENT for 3 or 4 medium-sized cakes.

MADEIRA PUDDING.

INGREDIENTS.—4 ozs. of bread in small dice, 2 ozs. of castor sugar, 2 eggs, ½ pint of milk, 1 wineglassful of Madeira or sherry, 1 teaspoonful of grated lemon-rind.

METHOD.—Mix the bread, sugar, and lemon-rind together in a basin. Boil the milk, pour it on the beaten eggs, stirring meanwhile, add the sherry, and pour over the dice of bread, etc. Let it soak for 15 or 20 minutes, then pour into a buttered mould, and steam gently for 2 hours. Serve with custard, or wine sauce, or jam syrup.

TIME.—About 2½ hours. AVERAGE COST, 8*d.* SUFFICIENT for 4 or 5 persons.

MADEIRA SAUCE.

INGREDIENTS.—½ pint of Espagnole sauce, ¼ pint of good gravy, 1 oz. of meat glaze, 1 glass of Madeira or sherry, salt and pepper.

METHOD.—Simmer the sauce, gravy, and wine until well reduced. Season to taste, put in the meat glaze, stir until it is dissolved, then strain the sauce, and use as required.

TIME.—About ½ an hour. AVERAGE COST, 1*s.* 3*d.* to 1*s.* 6*d.* for this quantity. SUFFICIENT for ⅔ pint of sauce.

MAIDS OF HONOUR.

INGREDIENTS.—Puff paste, 4 ozs. of castor sugar, 2 ozs. of Jordan almonds, ½ oz. of fine flour, 2 yolks of eggs, 2 tablespoonfuls of cream, 1 tablespoonful of orange-flower water.

METHOD.—Blanch and dry the almonds, and pound them in a mortar with the sugar until fine. Add the yolks of eggs one at a time, and mix in the flour, cream, and orange-flower water. Line 8 or 9 small tartlet moulds with paste, fill them with the mixture, and bake in a moderate oven.

TIME.—To bake, about 15 minutes. AVERAGE COST, 8*d.*, exclusive of the paste. SUFFICIENT for 8 or 9 tartlets.

MAÎTRE D'HÔTEL SAUCE.

INGREDIENTS.—½ pint of Béchamel sauce, 3 ozs. of butter, the juice of ½ a lemon, 1 teaspoonful of finely-chopped parsley, seasoning.

METHOD.—Put the Béchamel in a saucepan with a little water, stir until it boils, reduce well, then add the butter a little at a time, and stir well. Strain the sauce into another saucepan, add the parsley, lemon-juice, and seasoning, re-heat and serve.

TIME.—25 to 35 minutes. AVERAGE COST, 6*d.* to 8*d.* for this quantity.

MAIZE, OR INDIAN CORN.

INGREDIENTS.—2 young cobs of Indian corn, 3 quarts of water, 3 tablespoonfuls of salt.

METHOD.—Cut off the stem, throw the green cobs into cold water with the above proportion of salt, and boil slowly for ¾ of an hour, or until tender. Serve on toast with melted butter.

TIME.—¾ of an hour, after the water boils. AVERAGE COST, from 3*d.* per cob. SEASONABLE in August and September.

MALT WINE.

INGREDIENTS. — 5 gallons of water, 28 lbs. of sugar, 6 quarts of sweet-wort, 6 quarts of tun, 3 lbs. of raisins, ½ lb. of candy, 1 pint of brandy.

METHOD.—Boil the sugar and water together for 10 minutes; skim it well, and put the liquor into a convenient-sized pan or tub. Allow it to cool; then mix it with the sweet-wort and tun. Let the preparation stand for 3 days, then put it into a barrel, and let it ferment for another 3 days or more, then bung up the cask, and keep it undisturbed for 2 or 3 months. After this, add the raisins (whole), the candy, and brandy, and in 6 months' time bottle off the wine. Those who do not brew may procure the sweet-wort and tun from any brewer.

Note—Sweet-wort is the liquor that leaves the mash of malt before it is boiled with the hops; tun is the new beer after the whole of the brewing operation has been completed.

MALTED BROWN BREAD.

INGREDIENTS.—3½ lbs. of wholemeal, ½ oz. of salt, ½ oz. of yeast, 1 oz. of malt extract, water.

METHOD.—Put the meal into a clean pan, make a "bay" or hole in the centre. Dissolve the yeast and malt extract in 1½ pints of warm water, turn into the bay, and stir in about ⅓ of the meal, cover over with a clean cloth, and set it in a warm place for 2 hours. At the end of that time add the salt (rubbed to fine powder under the rolling-pin), and mix in the remainder of the meal, turn it out on the board, divide it into convenient-sized loaves, put into clean greased pans or tins, prove for 1 hour, then bake in a moderate oven.

This process will make a very nice, sweet-eating, and palatable malt bread.

MANGO CHUTNEY (Indian Recipe).

INGREDIENTS.—30 green mangoes, 2 lbs. of sugar, ½ lb. of salt, 2 lbs. of raisins stoned, 1 lb. of green ginger, 1 lb. of dried chilies, 4 ozs. of garlic, 3 pints of good vinegar.

METHOD.—Peel and slice the mangoes, chop them finely, also chop finely the raisins, green ginger, and garlic. Pound the chilies in a mortar until smooth, then mix them with the rest of the prepared ingredients. Dissolve the sugar and salt in the vinegar, bring to the boil, then let it become quite cold, and mix it with the mangoes, etc. Turn into wide-necked bottles or jars, cover closely, let them remain in the sun for 3 or 4 days, then store for use.

TIME.—5 days. COST, uncertain. SUFFICIENT for 3 jars.

MANGO PICKLE (Indian Recipe).

INGREDIENTS.—50 green mangoes, 1 lb. of dried chilies, 1 lb. of green ginger finely sliced, ½ lb. of mustard seed, 2 ozs. of garlic, 2 ozs. of turmeric, vinegar, and salt.

METHOD.—Peel the mangoes, and partly divide them through the shell, so as to remove the seed from the inside. Sprinkle them with salt, and let them remain for 24 hours. Meanwhile, boil the turmeric in 2 quarts of vinegar for 20 minutes, and let it become quite cold. Pound the chilies until smooth, add the ginger, the mustard seed freed from husks, the garlic finely chopped, and mix well together. Fill the inside of the mangoes with this preparation, place them in jars, sprinkle over them any of the seasoning preparation that remains, and cover with vinegar.

TIME.—30 hours or longer. COST, uncertain. SUFFICIENT for 3 or 4 jars.

MARASCHINO JELLY.

INGREDIENTS.—4 tablespoonfuls of Maraschino liqueur, 1½ pints of water, 4 ozs. of loaf sugar, 1¼ ozs. of leaf gelatine, the juice of 2 lemons, the whites and shells of 2 eggs.

METHOD.—Put all the ingredients except the Maraschino into a stewpan, and bring to boiling point, whisking meanwhile. Simmer gently for a few minutes, then strain, add the Maraschino, and when sufficiently cool pour into a wet mould.

TIME.—About 1 hour. AVERAGE COST, 1*s.* 3*d.* SUFFICIENT for 1½ pints.

MARBLE CAKE.

INGREDIENTS. — *White part:* 2 teacupfuls of flour, 1½ cupfuls of castor sugar, ½ a cupful of butter, ½ a cupful of milk, 4 whites of eggs, ½ a teaspoonful of cream of tartar, ¼ of a teaspoonful of soda. *Dark part:* 2½ cupfuls of flour, ½ a cupful of butter, 1 cupful of brown sugar, ½ a cupful of treacle, ½ a cupful of milk, 3 eggs, ½ a teaspoonful of carbonate of soda, ½ a teaspoonful of cream of tartar, cloves, cinnamon, mace.

METHOD.—Prepare and mix each part separately, as follows:—Sift the cream of tartar and soda well with the flour on the board. Then cream up the butter and sugar, adding the eggs as described in previous mixtures; then mix in the flour. For the dark part the treacle and spice should be beaten up with the butter and sugar. When both batters have been well mixed up, have prepared 2 or more square papered frames or tins, laying the colours in alternately, and when all the batters have been used up, finish by spreading them out evenly on top, using the back of a spoon for the purpose. Then put them in a moderate oven and bake from 1 to 2 hours, according to size. When done turn out on to a clean wire or tray, and when cold ice over with a little white water icing, and marble with a feather dipped in cochineal or liquid carmine.

TIME.—1 to 2 hours, to bake. AVERAGE COST, 2*s.* SUFFICIENT for 2 or more cakes.

MARBLED JELLY.

INGREDIENTS.—1½ pints of lemon or wine jelly, cochineal, sap-green, or spinach colouring.

METHOD.—Coat a mould with a thin layer of cool jelly, put 3 or 4 tablespoonfuls aside, and divide the remainder into 3 equal portions. Colour one green, one red, and leave the other plain. Let it become firm, then put it into the mould in rough pieces about the size of a large walnut, and set them with a little cool jelly, put aside for the purpose. Let it remain on ice or in a cool place until firm, then turn out and serve.

TIME.—About 1½ hours. AVERAGE COST, 1*s.* 3*d.* to 1*s.* 6*d.* SUFFICIENT for 5 or 6 persons.

MARBLED MOULD.

INGREDIENTS. — Blancmange, coffee essence, cochineal, saffron-yellow, spinach-green.

METHOD.—Prepare the blancmange according to the directions given (*see* Cornflour and Ground Rice Blancmanges), divide it into 4 equal parts, and colour them respectively with coffee essence, cochineal, saffron-yellow, and spinach-green. Mould separately, and, when cool, divide in irregularly-shaped pieces about the size of a walnut. Have ready some white blancmange on the point of setting. Place the coloured pieces in a mould, leaving spaces between them, fill these with white blanc-mange, and put aside until set.

Time.—About 12 hours. Average Cost, about 1*s.* for 1 large mould. Sufficient for 5 or 6 persons.

MARJORAM.

There are four kinds of marjoram, but the sweet or knotted variety, known to naturalists as *Origanum Marjorama*, is the only one used for culinary purposes. This well-known herb is a native of Portugal, and was introduced into this country in the sixteenth century. Sparingly used, it imparts an agreeable flavour to many sauces, stews, and other preparations, of which onion forms a part. The herb should be gathered in July, well-dried, finely-powdered, and bottled for winter use.

MARMALADE, ORANGE.

Ingredients.—12 Seville oranges, 2 lemons, preserving sugar.

Method.—Slice the fruit thinly, removing inner pith and pips. Weigh it, and to each lb. add 3 pints of cold water. Let the whole remain covered in an earthenware vessel for 3 days, then turn the preparation into a preserving-pan and boil gently until quite tender. Let it cool, weigh again, and to each lb. of fruit add 1 lb. of sugar. Bring to boiling point, skim well, and cook gently until the syrup stiffens quickly when tested on a cold plate. Turn into pots, cover with paper brushed over on both sides with white of egg, and store in a cool, dry place.

Time.—Altogether, 4 days. Average Cost, about 2*d.* per lb.

MARMALADE, ORANGE (Another Method).

Ingredients.—12 Seville oranges, 9 sweet oranges, 2 lemons, the weight of the fruit in preserving sugar.

Method.—Divide the rinds of the oranges into quarters, remove them carefully, put them into a preserving-pan with as much cold water as will cover them, and boil gently until quite tender. Meanwhile, divide the fruit into sections, scrape out the pulp, put the pips and fibrous skin into a basin, cover with cold water, and let them soak until required. When the rinds are tender drain them well and shred them finely. Strain 2 pints of the liquid in which they were boiled, and add to it the water in which the pips and skins were soaked. Put the sugar and water into a preserving-pan, boil to a syrup, then put in the shredded rinds and pulps, and boil gently until the marmalade jellies when tested on a cold plate. Pour the marmalade into pots, and cover down with paper brushed over with white of egg.

Time.—About 3 hours, exclusive of the time required for shredding the rinds. Average Cost, 3*d.* per lb.

MARMALADE PUDDING.

Ingredients.—4 ozs. of orange marmalade, 8 ozs. of breadcrumbs, 6 ozs. of finely-chopped beef suet, 2 eggs, ½ a teaspoonful of baking powder, a little milk.

Method.—Mix the suet, breadcrumbs, baking-powder, and a pinch of salt well together. Beat the eggs, add the marmalade, and when well mixed stir them into the dry ingredients. Beat the mixture lightly, and if at all stiff, add a little milk. Turn into a buttered basin or mould, cover with greased paper, and steam from 2½ to 2¾ hours. Serve with marmalade, cornflour, or other suitable sauce.

Time.—About 3½ hours. Average Cost, 8*d.* Sufficient for 5 or 6 persons.

MARMALADE PUDDING, BAKED.

Ingredients.—1 large tablespoonful of marmalade, 1 dessertspoonful of flour, 1 dessertspoonful of breadcrumbs, 2 eggs, 1½ ozs. of butter, 1½ ozs. of sugar, short crust paste.

Method.—Cream the butter and sugar together until smooth, add the eggs, and beat well. Stir the marmalade, flour, and breadcrumbs in lightly, and pour the mixture into a piedish, the edge of which must be previously lined as directed in the recipe for Apple Amber. Bake in a moderately hot oven for about ½ an hour, then dredge well with castor sugar, and serve.

Time.—From 40 to 45 minutes. Average Cost, 8*d.* Sufficient for 4 persons.

MARMALADE SAUCE.

Ingredients.—½ pint of water, 1 glass of sherry, 2 tablespoonfuls of marmalade, 1 dessertspoonful of sugar (or to taste), 1 teaspoonful of lemon-juice.

Method.—Put the water and marmalade into a saucepan, and stir until it boils. Add the sugar, lemon-juice, and sherry, stir until the sugar is dissolved, and serve.

Time.—About 10 minutes. Average Cost, 5*d.* with the sherry.

MARMALADE SAUCE (Economical).

Ingredients.—½ pint of water, 1 tablespoonful of marmalade, 1 tablespoonful of sugar, 1 large teaspoonful of cornflour, 1 teaspoonful of lemon-juice.

Method.—Boil the water. Mix the cornflour smoothly with a little cold water, add it to the boiling water, stirring all the time. Put in the sugar and marmalade, simmer for 5 minutes, add the lemon-juice, and serve.

Time.—About 15 minutes. Average Cost, 2*d.*

MARROW BONES.

Ingredients. — Marrow bones, flour, dry toast.

Method.—Saw the bones into short lengths, cover the ends with a paste made of flour and water, tie them in a floured cloth, and boil from 1¾ to 2 hours. Remove the cloth and crust, set the bones upright on a dish covered with a hot napkin, and serve with dry toast.

Time.—To boil, 1¾ to 2 hours. Average Cost, 9*d.* to 1*s.*

MARROW PUDDING.

Ingredients.—6 ozs. of finely-chopped beef marrow, 6 ozs. of breadcrumbs, 4 ozs. of sugar, 2 ozs. of finely-shredded mixed candied peel, 2 ozs. of glacé cherries, 1 tablespoonful of brandy or sherry, 3 eggs.

Method.—Cream the yolks of the eggs and the sugar together until thick and smooth, add the marrow, breadcrumbs, peel, cherries cut into small pieces, brandy or sherry, and mix well together. Whisk the whites of the eggs to a stiff froth, and add them lightly to the rest of the ingredients. Turn the mixture into a well-buttered mould, and bake in a moderate oven for about ½ an hour. Serve with a suitable sauce.

Time.—About 1½ hours. Average Cost, 1*s.* 6*d.* Sufficient for 6 or 7 persons.

MARROW TOAST.

Ingredients.—Marrow from 2 beef bones, buttered toast, salt and pepper.

Method.—Soak the marrow in tepid water for about 2 hours. About 15 minutes before the dish is wanted, cut the marrow into inch lengths, place them in cold water, bring rapidly to boiling point, and drain well. Have some squares of very hot, well-buttered toast, put the marrow on them, breaking it up and spreading it with a fork, and season with salt and pepper. Place the toast before the fire or in a hot oven until the marrow is thoroughly melted, then serve as hot as possible. When savoury marrow is preferred, sprinkle the above with chopped parsley, chives, and lemon-juice, just before serving.

TIME. — 2½ hours. AVERAGE COST, *9d.* to *1s.* SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

MARZIPAN, GERMAN.

INGREDIENTS.—1 lb. of almonds, ¾ lb. of castor sugar, ½ lb. of sifted icing sugar, ¼ gill of orange-flower water.

METHOD.—Blanch and shred the almonds finely, and pound them to a paste with the orange-flower water. Put the castor sugar and pounded almonds into a stewpan placed in a tin of boiling water, and stir until the preparation, when touched, does not stick to the fingers. Turn on to a slab, add the icing sugar, work with a spatula until cool enough to handle, then knead until perfectly smooth. Colour and flavour to taste, and use as required.

MAYONNAISE DRESSING.

INGREDIENTS.—½ pint of milk or single cream, ¼ pint of vinegar, 3 yolks of eggs, 1 tablespoonful of salad-oil, 1 tablespoonful of sugar, 1 tablespoonful of salt, 1 dessertspoonful of mustard.

METHOD.—Mix the oil, sugar, salt, and mustard well together in a basin, add the well-beaten yolks of eggs, next the vinegar, and lastly the cream or milk. Stand the basin in a saucepan containing sufficient boiling water to surround it to half its depth, and stir the mixture over the fire until it acquires the consistency of custard. This dressing, if tightly bottled, will keep for several days.

AVERAGE COST.—*6d.* when made with milk.

MAYONNAISE SAUCE.

INGREDIENTS.—2 yolks of eggs, 1 teaspoonful of French mustard, ½ a teaspoonful of salt, a pinch of pepper, 1 tablespoonful of tarragon vinegar, about 1 pint of best salad-oil, 1 tablespoonful of cream.

METHOD.—Put the yolks into a basin, add the mustard, salt, and pepper, stir quickly with a wooden spoon. Add the oil, first drop by drop and afterwards more quickly, and at intervals a few drops of the vinegar. By stirring well, the mixture should become the consistency of very thick cream. Lastly, add the cream, stirring all the while. A little cold water may be added if the sauce is found to be too thick.

In hot weather, the basin in which the Mayonnaise is made should be placed in a vessel of crushed ice.

TIME.—About 20 minutes. AVERAGE COST, *1s. 3d.* to *1s. 6d.*

MEAD.

INGREDIENTS.—3 lbs. of honey, 4 quarts of water, ¼ pint of brewer's yeast.

METHOD.—Dissolve the honey in the water, bring it slowly to the boil, and simmer gently until reduced to 3 quarts, skimming when necessary. Then turn it into an earthenware bowl or wooden tub, and when cool stir in the yeast, and let it remain covered for 3 days. At the end of this time strain the liquid into a cask, bung loosely until fermentation subsides, then tighten the bung, and allow the cask to remain undisturbed for 12 months before racking the mead into bottles.

MEAD WINE.

Ingredients. — 5 gallons of water, 5 lbs. of honey, 2 ozs. of dried hops, 1 tablespoonful of yeast.

Method.—Dissolve the honey in the water, add the hops, and simmer very gently for 1 hour, turn into an earthenware bowl, let it become milk-warm, then stir in the yeast. Allow it to remain covered for 3 days, then strain the liquid into a cask, bung loosely until fermentation subsides, and afterwards tighten the bung. The wine should remain in the cask for 12 months, and then be racked off carefully into bottles.

MEAT AND EGG TOAST (Tinned Food).

Ingredients.—Slices of bread, remains of cold meat, 2 eggs, 2 tablespoonfuls of milk, 1 oz. of butter, 1 tablespoonful of tomato sauce, salt and pepper.

Method.—Cut some rounds of bread and fry them, or toast and butter them. Mince finely any small pieces of tongue, or corned or fresh beef. Put in a saucepan 2 eggs, 1 oz. of butter, salt and pepper, and 2 tablespoonfuls of milk. When the eggs begin to thicken add the meat, and, if possible, a tablespoonful of tomato sauce. Stir the mixture over the fire until it is as thick as cream, pour it over the toast, and serve at once.

Time.—10 to 15 minutes. Average Cost, 6*d.*, exclusive of the meat. Sufficient for 3 persons.

MEAT AND MACARONI (Tinned Food).

Ingredients.—¼ lb. of macaroni, 2 lbs. of tinned meat, 1 oz. of butter or dripping, 1 small onion, 1 teaspoonful of flour, 1 teaspoonful of ketchup or other sauce, ½ pint of stock or gravy.

Method.—Put the macaroni into sufficient boiling water to cover it, and cook until tender, then cut into short lengths and keep hot. Remove any jelly or gristle from the meat, and put it, together with any bones, trimmings of meat, ham, or bacon into a saucepan with rather more than ½ pint of cold water, and simmer at least 1 hour. Cut the meat into small slices, and the onions into dice. Melt the butter or fat in a stewpan or frying-pan, fry the onion until brown, sprinkle in the flour, cook for about 10 minutes, add the gravy and sauce and stir until boiling. Put in the meat, baste it well with the gravy, and when quite hot, serve on a dish with the macaroni arranged as a border.

Time.—About 1½ hours. Average Cost, 1*s.* 4*d.* Sufficient for 4 or 5 persons.

MEAT AND POTATO PIE (Tinned Food).

Ingredients.—1 lb. of tinned mutton, 1 lb. of potatoes, 2 onions, ½ pint of gravy, salt and pepper.

Method.—Cut the meat into small thin slices, parboil and slice the potatoes and onions. Line the bottom of a piedish or earthenware baking-dish with potato, cover with a layer of meat and a few slices of onion, and season liberally with salt and pepper. Repeat until the materials are used, the top layer being formed of potato. Pour in the gravy, cover with a greased paper, and bake for about 1¼ hours in a moderate oven: ½ an hour before serving, remove the paper in order that the surface may brown.

Time.—About 1¼ hours. Average Cost, 1*s.* 4*d.* Sufficient for 5 or 6 persons.

MEAT BAKED WITH RICE AND POTATOES (Jewish Recipe).

Ingredients.—3 lbs. of beef or mutton, 4 lbs. of potatoes, ½ lb. of rice, dripping, salt and pepper, 1 pint of boiling water.

Method.—Wash the rice, put it into a baking-tin with the boiling water, add 1 teaspoonful of salt, and cook in the oven until nearly all the water is absorbed. Wash, peel, and halve the potatoes, place them on top of the rice, sprinkle with salt and pepper, and add a little dripping. Place the meat on a trivet in the tin, sprinkle with salt and pepper, replace in the oven, and cook gently until done. The rice may be served on the dish with the meat, but the potatoes should be served in a vegetable dish.

Time.—To cook the meat, about 1 hour. Average Cost, 7½*d.* to 10*d.* per lb. Sufficient for 6 or 7 persons. Seasonable at any time.

MEAT CAKES (Tinned Meat).

Ingredients.—½ lb. of tinned beef, ½ lb. of mashed potato, 2 tablespoonfuls of either gravy or milk, ½ a teaspoonful of mixed herbs, salt and pepper, browned breadcrumbs, 1 egg.

Method.—Remove all the fat and chop the meat finely. Heat the milk or gravy in a saucepan, put in the meat, potato, herbs, salt and pepper, and stir briskly over the fire for about 10 minutes; if the mixture is too stiff to hold together, a little more gravy or milk must be added. Spread the mixture on a plate; when cold, divide it into 6 or 8 portions, form these into round cakes, brush them over with egg (a little milk may be used instead), and sprinkle with browned breadcrumbs. Place the cakes in a greased baking-tin, put small pieces of fat on the top of each cake, and bake them in a moderate oven for 15 minutes. The cakes may also be brushed over with egg, covered with white breadcrumbs, and fried in hot fat.

Time.—2 hours. Average Cost, 8*d.* Sufficient for 3 persons.

MEAT CROQUETTES.

Ingredients.—½ lb. of beef or mutton, ½ oz. of butter, ½ oz. of flour, 3 level tablespoonfuls of breadcrumbs, 2 or 3 tablespoonfuls of gravy, 1 tablespoonful of Worcester sauce, ½ a teaspoonful of finely-chopped parsley, ½ a teaspoonful of mixed herbs, salt and pepper, egg, breadcrumbs.

Method.—Chop the meat finely. Heat the butter in a stewpan, fry the onion until lightly browned, add the flour and stock, and boil for 1 or 2 minutes. Now put in the meat, breadcrumbs, Worcester sauce, parsley, herbs, salt and pepper, and mix well over the fire, adding more stock or water if the preparation appears at all dry. Turn on to a plate, and when cold divide into equal portions, form into balls, coat with egg and breadcrumbs, and fry until nicely browned in hot fat. If preferred, the mixture may be shaped into round cakes, coated with flour and fried in a little hot fat in a frying-pan,

Average Cost.—9*d.* Sufficient for 10 or 12 croquettes.

MEAT GLAZE.

Put 4 quarts of good second stock into a stewpan, boil gently until reduced to about ½ pint, skimming very frequently meanwhile. When reduced to about 1 pint, the stock should be transferred to a smaller stewpan. To make a little cheap glaze for immediate use, dissolve 1 or 2 sheets of gelatine in 2 or 3 tablespoonfuls of good gravy; if necessary, add a few drops of liquid caramel, and when cold and on the point of setting, use as required.

MEAT PATTIES (Tinned Meat).

Ingredients.—For the pastry: 8 ozs. of flour, 3 ozs. of fat, 1 teaspoonful of baking-powder, 1 saltspoonful of salt. For the mixture: ¼ lb. of beef, ½ a saltspoonful of pepper, ½ a saltspoonful of mixed herbs, 1 tablespoonful of gravy or water.

Method.—Cut the meat into small dice, add to it the other ingredients, and mix them well together. The first 8 rounds cut from the pastry should be put aside for the lids, for the cuttings, when re-rolled may be less light and flaky. When shallow patty-pans are used, the lids should be a little larger than the linings of the patty-pans, so as to easily cover the mixture, which should be piled up fairly high. Make a small hole in the top of each patty, brush over with egg or milk, and bake in a hot oven for about 20 minutes.

Time.—About 1 hour. Average Cost, *6d.*

MEAT, POTTED (Tinned Food).

Ingredients.—1 lb. tin of Australian meat, ¼ lb. of butter, pepper and salt, pounded allspice.

Method.—Take 1 lb. of lean meat, removing all gristle, skin, etc., and flavour it highly with salt, pepper, and spice. Put it in a mortar and pound it well, adding butter at intervals until a smooth paste is obtained. Place the meat into small pots, pressing it down tightly, and pour clarified butter over the top.

Average Cost.—1*s.*

MEAT SANDERS (Tinned Meat).

Ingredients.—Cold boiled potatoes, 2 ozs. of butter, salt, flour, tinned meat, white of egg.

Method.—Rub some boiled potatoes through a sieve, or mash them well in a basin. Add 1 or 2 ozs. of butter or dripping, salt, and sufficient flour to make a paste firm enough to roll out. Cut this paste into squares of 4 or 5 inches, put some chopped and seasoned meat in the middle, and fold it over the same as for sausage rolls. Glaze them with egg, and bake them in a good oven until they are brown. Serve hot.

Time.—¼ of an hour.

MEAT SHAPE (Tinned Meat).

Ingredients.—½ lb. of beef, ¼ lb. of mashed potato. 1 slice of stale bread, (½ an inch thick), 1 teaspoonful of onion (parboiled and finely chopped), ¼ pint of gravy or milk, browned breadcrumbs, salt and pepper.

Method.—Break the bread into small pieces, soak them in the gravy or milk, beat out all the lumps with a fork, and add the meat (chopped finely). Add also the potato, onion, pepper, and a little salt if necessary. Mix all well together: grease a basin or mould, coat it thickly with browned breadcrumbs, put in the mixture and press it down firmly. Cover with a greased paper, and either steam or bake gently for 1 hour. Serve with rich gravy.

Time.—About 1 hour. Average Cost, *6d.* Sufficient for 2 or 3 persons.

MEAT TOAST, SAVOURY.

Ingredients.—2 tablespoonfuls of finely-chopped cold meat, of any description, 2 tablespoonfuls of gravy or milk, 1 egg, 2 rounds of buttered toast, ½ oz. of butter, salt and pepper.

Method.—Warm the butter and meat in a stewpan, beat the egg slightly, add the gravy or milk, season to taste, pour the mixture into the stewpan, and stir until the egg begins to set. Have the toast ready, trim the edges, spread on the preparation, and serve. The above may be varied by the addition of parsley, onion, herbs, or ketchup, Worcester sauce, etc.

TIME.—15 minutes. AVERAGE COST, *6d.* to *8d.* SUFFICIENT for 1 or 2 persons. SEASONABLE at any time.

MEAT, TO PREPARE, FOR COOKING (Jewish Recipe).

Cover the meat with cold water, let it remain for ½ an hour, then wash it well, to remove as much of the blood as possible. Place it on a koshering board, or, if the perforated wooden draining board known by this name is not available, use a basket-lid, placed in a slanting position, to allow the water to drain away more freely. When sufficiently drained, sprinkle every part of the meat with coarse salt, let it remain for 1 hour, then remove the salt by washing the meat 3 times under the tap. Drain it thoroughly on a clean cloth, and afterwards cook in the usual manner.

Liver must be cut open and well washed in cold water, and may be fried on a shovel over the fire. Before being cooked, it must be again washed and sprinkled with salt.

Hearts, before being placed in the water, must be cut, to allow the blood to flow out easily.

Fat for Clarifying, or Suet, must first have the skin removed, and then be subjected to the same washing, salting, and drying processes described for preparing meat.

MELON CANTALOUP.

INGREDIENTS.—1 Rock melon, crushed ice, Krona pepper.

METHOD.—Allow the melon to remain imbedded in ice for at least 12 hours. Leave the skin on, cut the melon into slices, and arrange round a bowl of ice, as directed in Banana Cantaloup.

TIME.—From 12 to 13 hours. AVERAGE COST, *5s.* to *7s. 6d.* SUFFICIENT for 8 or 9 persons.

MELTED BUTTER.

INGREDIENTS.—½ pint of water, 1 oz. of butter, ¾ oz. of flour, salt and pepper.

METHOD.—Melt the butter in a saucepan, stir in the flour and cook for 2 or 3 minutes. The water now to be added must not be quite boiling, but it may be hot, and as the sauce has to be constantly stirred until it boils to incorporate the substances contained in it, considerable time is saved by adding warm or hot water, instead of cold. Bring to the boil, and simmer for a few minutes. Season, and use as required.

TIME.—10 to 15 minutes. AVERAGE COST, *2d.*

MELTED BUTTER (An Old-fashioned Method).

INGREDIENTS.—½ pint of hot water, ¾ oz. of fresh butter, 1 dessertspoonful of flour, salt and pepper.

METHOD.—Mix the flour smoothly with a little cold water in a basin, add the hot water gradually, stirring all the time. Put it into a saucepan, bring to the boil, simmer for 10 minutes, then add the salt and pepper, stir in the butter, and serve.

TIME.—About 15 minutes. AVERAGE COST, *1½d.*

MELTED BUTTER, SWEET.

INGREDIENTS.—¼ pint of milk or water, 1 oz. of butter, ½ oz. of flour, ½ oz. of sugar, a pinch of salt.

METHOD.—Melt the butter in a saucepan, stir in the flour, and cook well without browning. Add the milk or water, and stir until it boils. Simmer for 2 or 3 minutes, then add the sugar, a good pinch of salt, and serve.

Time.—15 to 20 minutes. Average Cost, 2½*d.*, if made with milk.

MERINGUE PUDDING.

This name may be given to any pudding covered with stiffly-whisked whites of eggs, such as Apple Amber, Chester Pudding, Savoy Pudding, and many others.

MERINGUE TARTS

(*See* **Flan of Apples, Flan of Pineapple, Flan of Strawberries, Apple Amber**).

MERINGUES.

Ingredients.—6 whites of eggs, ½ lb. of castor sugar.

Method.—Put the whites of eggs in a bowl or basin with a pinch of salt, and whisk them stiffly. Sieve the sugar, stir in as lightly as possible with a spoon, folding it in, rather than mixing it with, the whites of eggs. Cover a ¾-inch thick board or a baking-tin with foolscap paper (slightly oiled). Put the preparation into a forcing-bag attached to a plain pipe, and press on to the paper small round or oval portions in rows about 1 inch apart. Dredge them well with castor sugar, and bake in a cool oven for about 2 hours, when they should have acquired a pale fawn colour, and be perfectly crisp. Turn them over, scoop out any portion not hardened, and let them remain in a warm place until dry. Use as required.

Time.—Altogether, about 2½ hours. Average Cost, 8*d.* Sufficient for 1 dish.

Note.—When a forcing-bag and pipe are not available, the mixture may be shaped in the form of an egg, by means of a spoon and knife, in the manner described in reference to Veal, Quenelles of. Meringue shells may be kept for a considerable time in an air-tight tin box.

MERINGUES WITH CREAM.

Ingredients. — 16 meringue cases, ⅓ to ½ pint of cream, according to the size of the shells, vanilla sugar.

Method.—Prepare the shells as directed in the recipe for Meringues; whip the cream stiffly, sweeten to taste with vanilla sugar, place 2 together, enclosing the cream, and serve.

Time.—About 20 minutes, after the shells are prepared. Average Cost, 1*s.* 6*d.* to 1*s.* 9*d.* Sufficient for 6 or 7 persons.

MILAN SOUFFLÉ.

Ingredients.—½ pint of double cream, ½ oz. of gelatine, 2 ozs. of castor sugar, the yolks of 6 eggs, the juice of 3 lemons, the finely-grated rinds of 2 lemons.

Method.—Whisk the yolks of eggs and sugar in a stewpan over the fire until creamy, but do not let the mixture boil. Stir in the lemon-rind and juice, and put aside till cold. Soak the gelatine in a little cold water, then stir it over the fire until dissolved, and strain. Whip the cream stiffly, add the gelatine, and stir the egg mixture lightly in. Turn into a silver or china soufflé-dish, and place in a charged ice cabinet for about 2 hours, then serve.

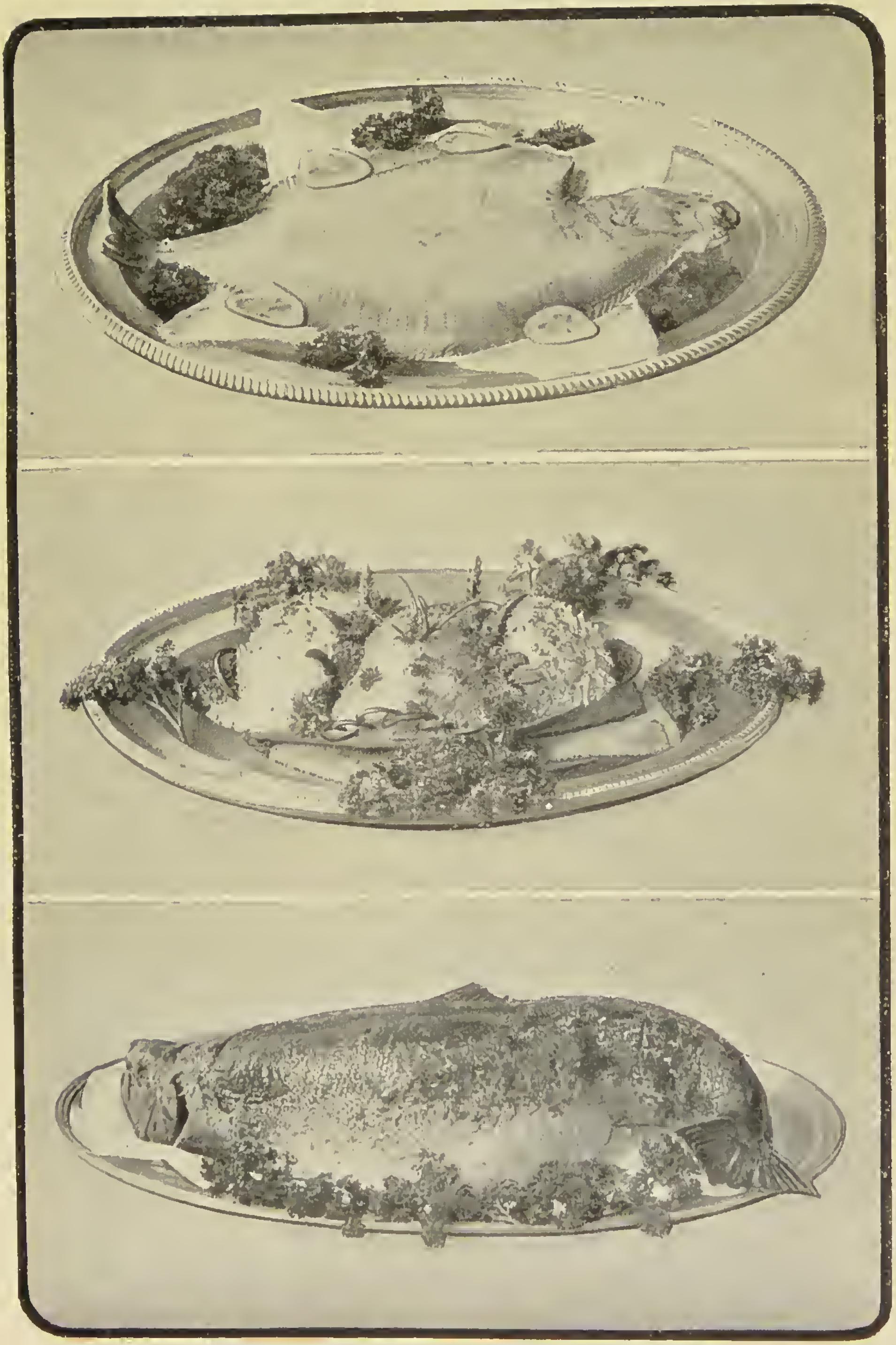
Time.—2 hours. Average Cost, 1*s.* 6*d.* to 1*s.* 9*d.* Sufficient for 5 or 6 persons.

MILITARY PUDDINGS.

Ingredients.—½ lb. of finely-chopped suet, ½ lb. of breadcrumbs, ½ lb. of moist sugar, the finely-grated rind and juice of 1 large lemon, 2 eggs.

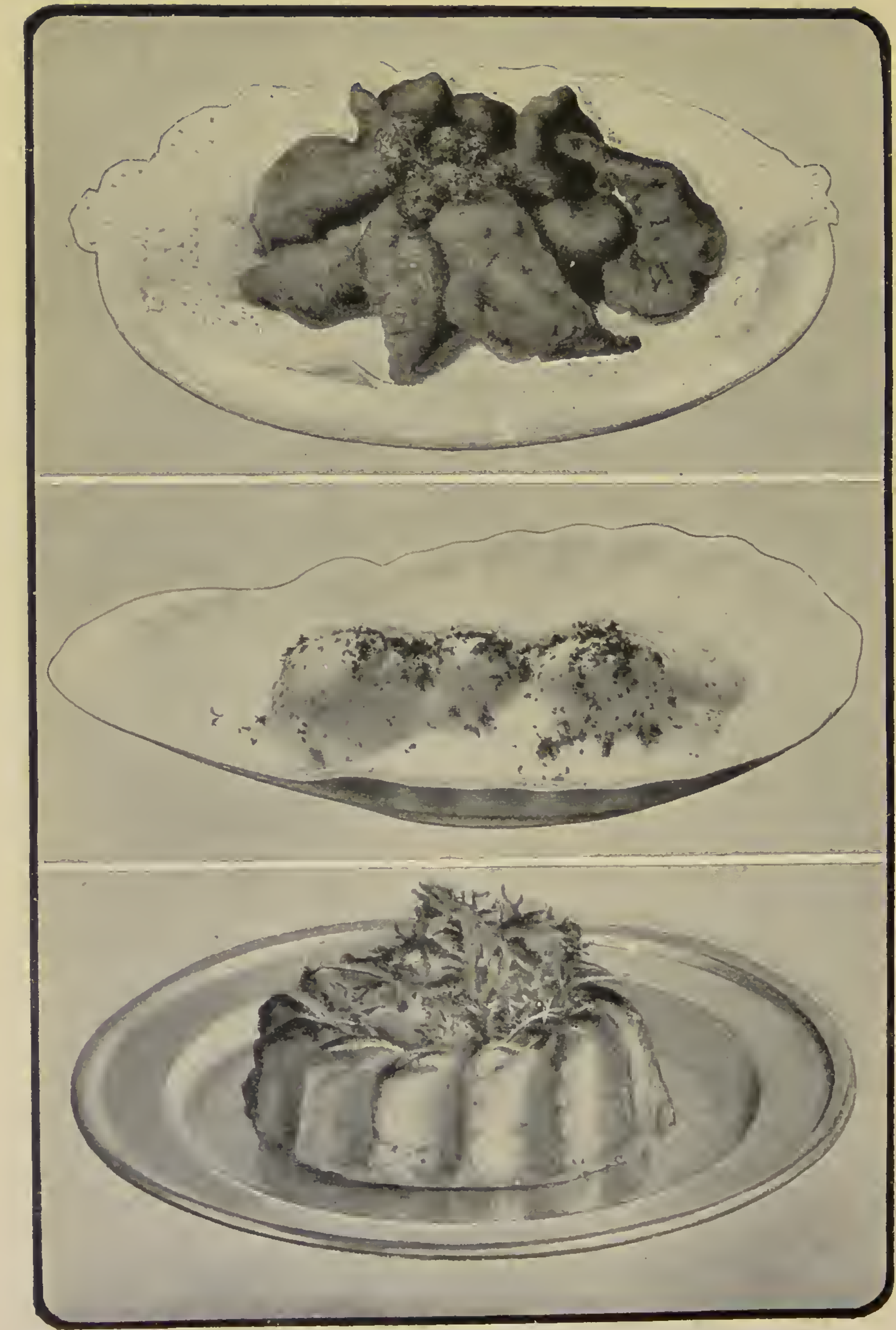
Method.—Mix all the ingredients well together, turn into well-buttered small cups, and bake in a moderate oven for ¾ of an hour.

FISH. No. 3.



1. Boiled Turbot. 2. Dressed Crab. 3. Boiled Salmon (Curled).

FISH. No. 4.



1. Fillets of Sole, Horley Style. 2. Fillets of Sole with Parsley Sauce.
3. Lobster Cream.

Serve with a suitable sauce. If preferred, the puddings may be steamed for the same length of time.

TIME.—1 hour. AVERAGE COST, 10*d*. SUFFICIENT for 8 or 9 persons.

MILK AND CREAM, TO SEPARATE.

METHOD. — Nearly all large dairies are provided with steam separators, and smaller ones with separators worked by hand. In ordinary households, where these mechanical contrivances are not available, the milk should at once be poured into a large and very shallow basin. In 7 or 8 hours the greater part of the cream will have risen to the surface.

MILK BREAD.

INGREDIENTS.—4 lbs. of Vienna flour, ¾ oz. of salt, ¾ oz. of yeast, 1 quart of milk and water.

METHOD.—Make the milk and water warm, then dissolve the salt and yeast in it, and make into a nice smooth dough. Cover over with a clean cloth, and keep the dough in a warm place for 3 hours; at the end of that time turn it out on to the board, and give it a good kneading and dusting over; cover again, and keep warm for 1 hour for the dough to recover itself, then divide it into convenient-sized pieces and mould them up round. Let them stand on the board, and cover up with a cloth to prove. When light enough, wash over with a beaten-up egg, using a brush for the purpose. When all the loaves are washed over, take a sharp knife and cut them five or six times crosswise. Now take each loaf separately, place it in the oven, cover over with a square tin, and bake in a moderate heat. Skimmed milk, or half milk and half water, may be used if economy is desired, but in the latter case it will be necessary to add 2 ozs. of butter to this quantity.

MILK JELLY (Dietetic).

INGREDIENTS.—½ pint of milk, ¼ oz. of gelatine, saccharine, lemon-rind, or other flavouring.

METHOD.—Infuse 2 or 3 fine strips of lemon-rind in the milk for 10 minutes, add the saccharine and gelatine, and stir by the side of the fire until the latter is dissolved. Strain into a mould, and turn out when set.

TIME.—1 hour. AVERAGE COST, 3*d*.

MILK JELLY (Invalid Dish).

INGREDIENTS.—1 pint of milk, 1½ ozs. of loaf or castor sugar, ½ oz. of sheet gelatine, the thinly-cut rind of ¼ of a lemon.

METHOD.—Infuse the lemon-rind in the milk for about 20 minutes, then add the sugar and gelatine, stir until the latter is dissolved, and take out the lemon-rind. Turn the preparation into a basin, and stir from time to time until it attains the consistency of thick cream. Have ready 1 large mould, or small moulds, rinsed with cold water, pour in the mixture, and place on ice or in a cold place until set.

TIME.—2 or 3 hours. AVERAGE COST, 5*d*.

MILK PUDDINGS

(*See* **Rice Pudding, Tapioca or Sago Pudding, Custard Pudding, and Cornflour Pudding**).

MILK PUNCH.

INGREDIENTS.—1 quart of milk, 4 ozs. of loaf sugar, 1 gill of cream, 2 tablespoonfuls of brandy, 2 tablespoonfuls of rum.

METHOD.—Boil the milk, dissolve the sugar in it, then strain, and when cool partially freeze. Add the brandy, rum, and the cream whipped, mix well, and freeze a little longer. Serve in a half-frozen condition in small china sorbet cups, and, if liked, grate a little nutmeg or cinnamon over before serving.

Time.—From 1 to 1¼ hours. Average Cost, 1*s.* 3*d.* to 1*s.* 6*d.* Sufficient for 7 or 8 persons.

MILK SOUP.

Ingredients.—3 pints of boiling milk, 2 ozs. of butter, 1 oz. of flour, ½ a small white cabbage finely shredded, salt and pepper.

Method.—Heat the butter in an enamelled or well-lined saucepan, add the cabbage, and let it cook gently for 15 or 20 minutes. Now add the boiling milk, simmer gently for about 10 minutes, then stir in the flour, which must previously have been smoothly blended with a little cold water. Stir and boil gently for 6 or 7 minutes, then season to taste, and serve.

Time.—About 40 minutes. Average Cost, 8*d.* Sufficient for 6 persons. Seasonable at any time.

MINCE PIES.

Ingredients.—Puff paste, mincemeat.

Method.—When the paste has had the necessary number of turns, roll it out to about a ¼ of an inch in thickness, and line some large-sized patty-pans with it. Fill with mincemeat, cover with paste, brush over lightly with cold water, and dredge with castor sugar. Bake in a moderately hot oven from 25 to 30 minutes, and serve either hot or cold.

Time.—30 minutes to bake. Average Cost, 1½*d.* each.

MINCEMEAT.

Ingredients.—1 lb. of finely-chopped suet, 1 lb. of currants washed and picked, 1 lb. of raisins stoned and quartered, 1 lb. of chopped apples, 1 lb. of castor sugar, ½ lb. of sultanas, ¼ lb. of shredded mixed candied peel, 2 lemons, ½ gill of brandy, ½ a saltspoonful each of nutmeg, mace, and cinnamon.

Method.—Pare the lemons thinly, simmer the rinds in a little water until perfectly tender, then pound them or rub them through a fine sieve. Mix all the ingredients well together, press into a jar, cover closely, and keep in a cool dry place for at least 1 month before using.

Average Cost, 6*d.* per lb.

MINCEMEAT (American Recipe for).

Ingredients.—2 lbs. of finely-chopped cooked fresh beef-tongue, 1 lb. of finely-chopped suet, 2 lbs. of sugar, 2 lbs. of currants washed and dried, 2 lbs. of raisins stoned and quartered, 1 lb. of shredded candied citron, 3 lbs. of chopped apples, the finely-grated rind of 4 lemons, ¼ of a teaspoonful each of ground allspice, cloves, cinnamon, and nutmeg, 1 teaspoonful of salt, 1 teaspoonful of black pepper, ½ pint of brandy, 1¼ pints of sherry, 1 pint of sweet cider.

Method.—Mix all the ingredients except the apples and cider. Let it remain in covered jars for 3 days, then add the cider and apples, and use.

Average Cost.—About 10*d.* per lb.

MINCEMEAT (Economical).

Ingredients.—1 lb. of chopped apples, ¾ lb. of currants washed and picked, ½ lb. of raisins stoned and quartered, ½ lb. of finely-chopped suet, ½ lb. of castor sugar, 2 ozs. of chopped candied peel, the juice and grated rind of 1 lemon, 1 saltspoonful of grated nutmeg.

Method.—Mix all these ingredients well together, and keep in closely covered jars in a cool, dry place until required.

Average Cost, *6d.* per lb.

MINCEMEAT (Vegetarian).

Ingredients.—6 lemons, ½ lb. of apples, 1 lb. of raisins, weighed when picked and stoned; 1 lb. of currants, 1 lb. of sugar, ½ lb. of fresh butter, 2 ozs. of candied citron, 2 ozs. of candied orange, 1½ saltspoonfuls of cayenne, 1 teaspoonful of mace, one teaspoonful of cinnamon, almond essence.

Method.—Grate off the lemon-rind, cut the lemons in two, and squeeze out the juice, boil the rinds in spring water till tender, but not soft, changing the water 4 or 5 times to take out the bitterness, and putting a large teaspoonful of salt in the water in which they are first boiled. When done, drain the water from them, and take out the seeds and inner skins, then chop them with the raisins in a wooden bowl; when finely chopped, add the currants, sugar, and apples (previously prepared as for sauce), the grated rind of the lemons, the juice, ½ a saltspoonful of cayenne pepper, a small teaspoonful of mace, a small teaspoonful of cinnamon, 12 or 15 drops of almond flavour, the candied orange and citron cut in thin slices, and lastly, the butter melted and stirred well in.

Average Cost, *2s. 2d.*

MINCEMEAT, LEMON.

Ingredients.—2 large lemons, 6 large apples, ½ lb. of suet, 1 lb. of currants, ½ lb. of sugar, 2 ozs. of candied lemon-peel, 1 oz. of citron, mixed spice to taste.

Method. — Pare the lemons, squeeze them, and boil the peel until it is tender enough to mash. Add to the mashed lemon-peel the apples, which should be pared, cored, and minced, the chopped suet, currants, sugar, sliced peel, and spice. Strain the lemon-juice to these ingredients, stir the mixture well, and put it in a jar with a close-fitting lid. Stir occasionally, and in a week or 10 days the mincemeat will be ready for use.

Average Cost.—*1s. 7d.*

MINT.

This aromatic plant belongs to the natural order *Labiatae*. The *Mentha vividis*, the variety cultivated in our kitchen gardens, has a more agreeable flavour than its congeners, and it is the one generally used in cookery. Mint possesses the property of correcting flatulence, hence the custom of using it in pea-soup and with new potatoes.

MINT SAUCE (To serve with Roast Lamb).

Ingredients. — 4 dessertspoonfuls of chopped mint, 2 dessertspoonfuls of sugar, ¼ pint of vinegar.

Method.—The mint should be young and fresh-gathered. Wash it free from grit, pick the leaves from the stalks, mince them very fine, put them into a tureen, add the sugar and vinegar, and stir until the former is dissolved. This sauce is better by being made 2 or 3 hours before it is required for the table, as the vinegar then becomes impregnated with the flavour of the mint. Good white wine vinegar is preferable to ordinary malt vinegar. Sugar should be added with discretion until the required degree of sweetness is obtained.

Average Cost.—*3d.* Sufficient to serve with a quarter of lamb.

MINT VINEGAR.

Ingredients.—Vinegar, mint.

Method.—The mint for this purpose must be young and fresh. Pick the leaves from the stalks, and fill a bottle or jar with them. Cover with cold vinegar, cover closely, and let the mint infuse for 14 days. Then strain the liquor into small bottles, cork securely, and store for use.

MIREPOIX.

A mirepoix is the foundation for flavouring sauces, braised meats, and a number of thick soups. It usually consists of equal quantities of onion and carrot, half the quantity of turnip, 1 or 2 slices of raw ham or bacon, a little butter, a bouquet-garni (parsley, thyme, bay-leaf), a few peppercorns, and 1 or 2 cloves. In recipes where the mirepoix occurs the exact quantities of the ingredients comprising it are given. In all cases where it is intended the mirepoix should form the foundation for braising, sufficient vegetables should be used to make a substantial bed upon which to place the bird, joint, etc.

MOCK FISH PATTIES (Vegetarian Dish).

INGREDIENTS.—Salsify, Béchamel sauce, puff paste cases (*see* Oyster Patties), butter, lemon-juice, salt.

METHOD.—Scrape and wash the salsify, cut them into small even-sized pieces, throw them into boiling water, and add a little butter, lemon-juice, and salt. Boil gently until tender, and then drain well. Heat up in a little well-seasoned good white sauce. Have the pastry cases ready, fill them with the preparation, re-heat and serve.

TIME.—To cook the salsify, from 25 to 30 minutes. AVERAGE COST, from 1½*d.* to 2*d.* each. ALLOW 1 to each person.

MOCK TURTLE SOUP (Tinned).

INGREDIENTS.—½ a tin of calf's head, 2 ozs. of ham cut into dice, 1 medium-sized onion sliced, 1 small carrot sliced, 1 or 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 1½ ozs. of butter, 1½ ozs. of flour, sherry, lemon-juice, forcemeat balls, salt and pepper, 5 pints of boiling stock or water.

METHOD.—Melt the butter in a large stewpan, fry the ham and vegetables until lightly browned, and sprinkle in the flour. Let the ingredients cook slowly until well browned, and meanwhile drain the calf's head, add the liquor to the stock or water, and cut the meat into neat pieces. Pour the boiling stock or water over the browned vegetables, boil up, skim well, and, when the vegetables are tender, pass the whole through a fine sieve or tammy. Replace in the stewpan, bring to the boil, season, add sherry and lemon-juice to taste, put in the prepared meat and forcemeat balls, and serve when thoroughly hot.

TIME.—From 1½ to 2 hours. AVERAGE COST, 2*s.* 6*d.*, exclusive of the sherry. SUFFICIENT for 6 or 7 persons.

MOCK WHITE FISH (Vegetarian Dish).

INGREDIENTS.—Salsify, milk, butter, flour, lemon-juice, breadcrumbs, salt and pepper.

METHOD.—Scrape the salsify, cut the roots into 1-inch lengths, cover them with lemon-juice, or white vinegar, and water, and let them remain for 1 hour. Drain well, barely cover with boiling salted water, cook gently until tender, then strain and preserve the liquor. Take equal parts of liquor and milk; to 1 pint allow 2 ozs. of butter and 1½ ozs. of flour. Heat the butter, add the flour, stir and cook for a few minutes without browning, and put in the mixed liquor and milk. Stir until boiling, season to taste, and add a little lemon-juice. Place the salsify in coquilles, cover with sauce, sprinkle thickly with breadcrumbs, and add 2 or 3 small pieces of butter. Bake until the surface is nicely browned, then serve.

TIME.—To cook the salsify, from 25 to 30 minutes. AVERAGE COST, 2*d*. to 3*d*. each. ALLOW 1 to each person.

MOKA CUSTARD FOR ÉCLAIR FILLING.

INGREDIENTS.—1 gill of milk, 1 oz. of loaf sugar, ½ oz. of cornflour, ½ oz. of fresh butter, 2 yolks of eggs, 1 teaspoonful of coffee essence, a few drops of vanilla essence.

METHOD.—Put the milk and sugar in a stewpan to boil. Mix the cornflour with a little cold milk, pour the boiling milk on this, mix thoroughly, return to the stewpan, and let it boil for a few minutes; add the flavouring essences and the butter, stir in the egg-yolks, continue to stir until the mixture binds, pour it in a basin, and let it cool.

TIME.—20 minutes. AVERAGE COST, 1*s*., exclusive of the icing. SUFFICIENT for 1 dish.

MOSELLE CUP.

INGREDIENTS — 1 bottle of Moselle, 2 glasses of Curaçoa, 1 bottle of seltzer or soda water, the juice and thin rind of 1 lemon, a few thin slices of cucumber, 1 tablespoonful of castor sugar, or to taste, crushed ice.

METHOD.—Put the lemon-rind and lemon-juice, the sugar, cucumber, Curaçoa, and wine into a jug, let it stand covered for 15 or 20 minutes, then add the mineral water and a little crushed ice, and serve at once.

MOTZA KLEIS (FOR SOUP) (Jewish Recipe).

INGREDIENTS.—1 motza (Passover cake), 2 tablespoonfuls of meal (motza), 1 onion coarsely chopped, 1 egg, ½ a teaspoonful of ground ginger, butter or dripping, salt and pepper.

METHOD.—Soften the motza in cold water, then squeeze dry. Brown the onion in a little hot butter or fat, stir it into the motza, add the egg well beaten, ginger, also salt and pepper to taste, and lastly the meal. Shape into small balls, roll them lightly in meal, and add them to the soup when boiling. Boil gently from 20 to 25 minutes, then serve.

TIME.—To cook the balls, from 20 to 25 minutes. AVERAGE COST, 6*d*. SUFFICIENT for about 1 quart of soup.

MOTZA PUDDING (Passover Dish).

INGREDIENTS.—2 motzas (Passover cakes), 2 tablespoonfuls of meal (motza), 4 ozs. of finely-chopped suet, 4 ozs. of stoned raisins, 4 ozs. of sultanas, 2 ozs. of sugar, 2 eggs, ½ a teaspoonful of powdered mixed spice, 2 or 3 tablespoonfuls of rum, if liked.

METHOD.—Mix the dry ingredients well together, beat and add the eggs, and stir in the rum. Turn into a greased basin, and steam or boil from 3 to 4 hours. Or, turn the mixture into a greased piedish, and bake gently for about 40 minutes.

TIME.—To steam or boil the pudding, from 3 to 4 hours. AVERAGE COST, 1*s*. to 1*s*. 3*d*. SUFFICIENT for 3 or 4 persons.

MUFFINS.

INGREDIENTS.—1 quart of water, 2 ozs. of yeast, ¼ lb. of potatoes, ½ oz. of salt, flour.

METHOD.—Wash, peel, and boil the potatoes, rub through a colander, add the water (just warm enough to bear the hand in it without discomfort); then dissolve the yeast and salt in it, and stir in sufficient flour to make a moist paste. Beat it well in a deep bowl, and then clear off the paste from the hands; cover over with a clean cloth, and leave it to rise in a warm place. When it has well risen, and is light and spongy, turn it out on the table, dredge over with flour, and then divide it off into pieces about 3 ozs. in weight; roll them up into round shapes, and set them on a wooden tray, well dusted with flour, to prove. When light enough, see that the hot plate is hot, and then carefully transfer the muffins from the tray, one at a time, using a thin tin slice for the purpose, taking particular care not to knock out the proof, or the muffins will be spoilt. When they have been properly cooked on one side, turn over with the slice and cook the other side. When the muffins are done, brush off the flour, and lay them on a clean cloth or sieve to cool.

To toast them, divide the edge of the muffin all round, by pulling it open to the depth of about 1 inch with the fingers. Put it on a toasting fork, and hold it before a clear fire till one side is nicely browned, but not burnt; turn, and toast it on the other. Do not toast them too quickly, otherwise the middle of the muffin will not be warmed through. When done, divide them by pulling them open; butter them slightly on both sides, put them together again, and cut them into halves. When sufficient are toasted and buttered, pile them on a very hot dish, and send them very quickly to table.

TIME.—From 25 to 30 minutes to bake them. AVERAGE COST, 1*d* each.

MULLED ALE.

INGREDIENTS.—1 quart of good ale, 1 glass of rum or brandy, 1 tablespoonful of castor sugar, a pinch of ground cloves, a pinch of grated nutmeg, a good pinch of ground ginger.

METHOD.—Put the ale, sugar, cloves, nutmeg, and ginger into an ale warmer or stewpan, and bring nearly to boiling point. Add the brandy and more sugar and flavouring if necessary, and serve at once.

MULLED CLARET.

INGREDIENTS.—1 pint of claret, ½ pint of boiling water, sugar, nutmeg, and cinnamon to taste.

METHOD.—Heat the claret nearly to boiling point, add the boiling water, sugar, nutmeg, and cinnamon to taste, and serve hot. Any kind of wine may be mulled, but port and claret are those usually selected for the purpose.

MULLET, GREY.

INGREDIENTS.—4 grey mullet.

METHOD.—Clean the fish, and, if very large, place them in warm salted water; if small, they may be put into hot water, and cooked gently for 15 or 20 minutes. Serve with anchovy or melted butter sauce.

TIME.—From 15 to 20 minutes. AVERAGE COST, 1*s*. 9*d*. to 2*s*. ALLOW 1 small mullet to each person. SEASONABLE all the year, but best from July to October.

MULLET, RED, GRILLED.

INGREDIENTS.—3 moderate-sized fish, 2 ozs. of butter, 1 dessert-spoonful of finely-chopped parsley, pepper and salt, the juice of a lemon.

METHOD.—After cleaning the fish, replace the livers with some finely-chopped parsley and seasoning mixed with butter. Wrap each fish in an oiled paper, sprinkling over them some of the seasoning, and grill them over a red fire, holding a salamander above so as to avoid turning them. When done, squeeze the juice of the lemon over them, and serve.

TIME.—To grill, from 10 to 12 minutes. AVERAGE COST, 2*s.* 6*d.* SUFFICIENT for 3 or 4 persons. SEASONABLE at any time, but most plentiful in summer.

MULLIGATAWNY SOUP.

INGREDIENTS.—2 quarts of water, 2 lbs. of mutton (a tin of Australian mutton may be used), 2 onions, 2 carrots, 2 apples, 1 small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 2 tablespoonfuls of flour, 1 tablespoonful of curry powder, the juice of ½ a lemon, salt.

METHOD.—Remove the fat from the mutton and melt it in the saucepan. Have the apples and vegetables ready sliced, and when there is sufficient liquid fat to fry them, take out the pieces of fat, put in the vegetables, and cook them for 15 minutes. Sprinkle in the flour and curry powder, fry for a few minutes, then add the meat in small pieces, a teaspoonful of salt, the herbs and water. When the compound boils, remove the scum as it rises, then cover and cook gently for 3 hours. Strain, rub the meat through a wire sieve, and return to the saucepan. When boiling, add the lemon-juice, season to taste, and serve. Well-cooked rice should be handed round with this soup.

TIME.—4 to 4½ hours. AVERAGE COST, 1*s.* 6*d.* to 1*s.* 8*d.* SEASONABLE at any time. SUFFICIENT for 6 persons.

Note.—The bones and remains of any kind of meat or poultry may be used instead of mutton. The soup would take its name from the materials employed as—

Oxtail Soup, Indian style.
Rabbit Pure, Indian style,

MUSH (Canadian Recipe).

INGREDIENTS.—1 cup of white corn meal, 2 quarts of boiling water, 1 tablespoonful of salt.

METHOD.—Mix the meal smoothly with a little cold water. Boil the remainder of the water, and pour in the moistened meal gradually, so as not to reduce the water below boiling point, stirring briskly meanwhile. Cover closely, and simmer very gently from 1 to 1½ hours, stirring from time to time to equalize the cooking. Serve hot with milk, butter, or syrup.

TIME.—About 2 hours. AVERAGE COST, 2*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

MUSH CROQUETTES (American Recipe).

INGREDIENTS.—1 quart of mush, 1 oz. of butter, 2 eggs, frying-fat.

METHOD.—Prepare the mush as directed in the preceding recipe, and when it is sufficiently cooked add the butter and eggs. Stir by the side of the fire for 3 or 4 minutes to cook the eggs, then turn the preparation on to a plate. When cool enough to handle form into cork-shaped croquettes, and put them aside until quite cold and firm. When ready to serve, fry them in hot fat and drain well.

TIME.—To fry the croquettes, about 15 minutes. AVERAGE COST, about 6*d.* SUFFICIENT for 7 or 8 persons. SEASONABLE at any time.

MUSH, FRIED (Canadian Recipe).

INGREDIENTS.—1 quart of mush, 1 egg, bread or cracker crumbs, frying-fat, salt and pepper.

METHOD.—Prepare the mush as directed (*see* Mush), season it well with salt and pepper, and spread it on a dish to the depth of 1 inch. When quite cold cut it into finger-shaped pieces 3 inches long and 1 inch wide, and coat carefully with beaten egg and cracker crumbs or breadcrumbs. Have ready a deep pan of hot fat, and fry the mush until lightly browned. Drain well and serve hot.

MUSHROOM KETCHUP.

Ingredients.—7 lbs. of flap mushrooms, ½ lb. of salt. To 1 quart of mushroom liquor add ½ oz. of allspice, ½ oz. of ground ginger, ¼ of a teaspoonful of pounded mace, ¼ of a teaspoonful of cayenne.

Method.—Mushrooms intended for this purpose should be gathered on a dry day, otherwise the ketchup will not keep. Trim the tips of the stalks, but do not wash nor peel the mushrooms; simply rub any part not quite clean with a little salt. Place them in a large jar, sprinkling each layer liberally with salt. Let them remain for 3 days, stirring them at least 3 times daily. At the end of that time, cook them very gently either on the stove or in a cool oven until the juice flows freely, then strain the mushrooms through a clean cloth, and drain well, but do not squeeze them.

Replace the liquor in the jar, add allspice, ginger, cayenne, and mace as stated above, place the jar in a saucepan of boiling water and cook very gently for 3 hours. Strain 2 or 3 times through fine muslin when quite cold, pour into small bottles, cork securely, and store for use.

MUSHROOM PATTIES, COLD (Vegetarian Dish).

Ingredients.—1 lb. of mushrooms, 2 ozs. of butter, cream, or a little milk thickened with cornflour, short crust paste.

Method.—Wash, peel the mushrooms, and cut them into dice. Heat the butter, fry in it the prepared mushrooms for 10 minutes, then stir in sufficient cream or thickened milk to thoroughly moisten the whole, and season to taste and let cool. Have ready some patty-pans lined with paste, fill them with the mixture, cover with paste, and bake in a fairly hot oven for about ½ an hour.

Time.—About 1 hour. Average Cost, 1*s.* 2*d.* to 1*s.* 4*d.*, exclusive of the paste. Allow 1 or 2 for each person.

MUSHROOM PUDDING (Vegetarian Dish).

Ingredients.—¾ lb. of flour, 6 ozs. of butter, 1 teaspoonful of baking-powder, cold water, 1 quart of button or cup mushrooms, washed and peeled, pepper and salt.

Method.—Make a crust with the flour, baking-powder, and 5 ozs. of the butter. Line with it a greased pudding basin, put in the mushrooms with the remaining ounce of butter, pepper and salt, and moisten with a little water. Finish off like a beefsteak pudding. Boil for 1½ hours or longer.

Time.—2 hours. Average Cost, 1*s.* 6*d.* to 1*s.* 8*d.* Sufficient for 4 persons.

MUSHROOM SALAD.

Ingredients.—½ pint of preserved mushrooms (champignons) sliced, 2 tablespoonfuls of shredded celery, 1 tablespoonful of shredded truffle, lettuce, hard-boiled eggs, sliced beetroot, mayonnaise.

Method. — Mix together the mushrooms, celery and truffles, stir in a little mayonnaise, and pile the mixture on a bed of lettuce. Garnish with sections of egg and slices of beetroot.

MUSHROOM SAUCE.

Ingredients.—¾ pint of brown sauce, ½ pint of button mushrooms, 1 oz. of butter, salt and pepper.

Method.—Peel the mushrooms

and remove the stalks. Heat the butter in a stewpan, put in the mushrooms, and toss them over the fire for 10 minutes. Drain off any butter that remains unabsorbed, add the brown sauce, season to taste, make thoroughly hot, and serve.

Time.—About 20 minutes. Average Cost, *7d.*, in addition to the sauce.

MUSHROOMS AND TOMATO TOAST.

Ingredients.—¼ lb. of fresh mushrooms, 2 or 3 tomatoes, ½ oz. of butter, salt and pepper, 2 rounds of toast, chopped parsley.

Method.—Wash, peel, and cut the mushrooms into dice. Heat the butter in a stewpan, add the mushrooms, cook gently for 20 minutes, and season to taste. Meanwhile, squeeze the greater part of the juice from the tomatoes, pass the pulp through a fine sieve, heat it in a stewpan, and season to taste. Place the prepared mushrooms on the toast, spread the tomato purée lightly over the surface, sprinkle with parsley, then serve.

Time.—About 1 hour. Average Cost, *6d.* to *7d.* Sufficient for 2 persons. Seasonable at any time.

MUSHROOMS, BAKED.

Ingredients.—16 or 20 cup mushrooms, butter, pepper to taste.

Method.—For this method of cooking the cup mushrooms are better than the buttons, but should not be too large. Cut off a portion of stalk, peel the top, and put them at once into a baking dish, with a very small piece of butter placed on each mushroom; sprinkle over a little pepper, and let them bake for about 20 minutes, or longer should the mushrooms be very large. Have ready a very hot dish, pile the mushrooms high in the centre, pour the gravy round, and send them to table quickly with very hot plates.

Time.—20 minutes; large mushrooms, ½ an hour. Average Cost, from *6d.* to *9d.* per lb. Seasonable, meadow mushrooms in September and October; cultivated varieties obtainable all the year. Sufficient for 6 or 8 persons.

MUSHROOMS, BROILED OR GRILLED.

Ingredients.—Cup mushrooms, pepper and salt, butter, lemon-juice.

Method.—Carefully peel the mushrooms, cut off a portion of the stalk, and season with salt. Broil them over a clear fire, turning them once, and arrange them on a very hot dish. Put a small piece of butter on each mushroom, season with pepper and salt, and squeeze over them a few drops of lemon-juice.

Time.—About 10 minutes. Average Cost, from *6d.* per lb. Seasonable in September and October. Obtainable all the year.

MUSHROOMS ON TOAST.

Ingredients.—An equal number of medium-sized mushrooms and slightly larger rounds of well-buttered toast, butter, salt and pepper.

Method.—Peel the mushrooms, cut off a portion of the stalks, season well with salt and pepper, brush over with warm butter, and grill over a clear fire, or fry in a pan in a little hot butter. Arrange neatly on the croûtes, and serve as hot as possible.

Time. — 12 to 15 minutes. Average Cost, from *8d.* per lb. Allow 1 or 2 to each person. Seasonable, procurable at any time.

MUSHROOMS, PICKLED.

Ingredients.—1 quart of button mushrooms, 1 quart of vinegar, 1 oz. of bruised whole ginger, ½ oz. of white peppercorns, 3 blades of mace, salt to taste.

Method.—Wash, dry, and peel the mushrooms, and cut off the tops of the stalks. Place them in a stewpan, sprinkle salt over them, shake them over the fire until the liquor flows, and keep them on the stove uncovered until the greater part of the moisture has evaporated. Then add the vinegar, peppercorns, etc., bring to the boil, and simmer gently for 10 minutes. Turn into jars, cover closely, and store in a cool, dry place.

Average Cost.—1*s.* 10*d.* to 2*s.* 6*d.*

MUSHROOMS, PRESERVED, WITH BROWN SAUCE.

Ingredients.—1 pint tin or bottle of mushrooms, 1 oz. of butter, 1 oz. of flour, 1 tablespoonful of sherry, stock, salt and pepper.

Method.—Strain the liquor from the tin or bottle, and add to it sufficient stock to make up rather more than ½ pint. Fry the butter and flour together until well browned, add the mushroom liquor, and stir the mixture until it boils. Season to taste, add the sherry, put in the mushrooms, and, when quite hot, serve as an accompaniment to broiled chicken, steak, etc. They may also be served as a vegetable entremêt, in which case the mushrooms should be neatly arranged on hot buttered toast.

Time.—Altogether about ½ an hour. Average Cost, 1*s.* to 1*s.* 2*d.* Sufficient for 4 or 5 persons. Seasonable at any time.

MUSHROOMS, STEWED.

Ingredients.—1 lb. of button mushrooms, 2 ozs. of butter, ¼ pint of cream or milk, 1 dessertspoonful of flour, the juice of ½ a lemon, salt and pepper.

Method.—Remove the skins, and cut off the ends of the stalks. Melt the butter in a stewpan, put in the mushrooms and lemon-juice, season with salt and pepper, cover closely, and cook gently for about ½ an hour, shaking the pan occasionally. Mix the flour and cream or milk smoothly together, pour the mixture into the stewpan, stir until the contents boil, simmer for 10 minutes to cook the flour, then, if the mushrooms are tender, season to taste amd serve.

Time.—About 40 minutes. Average Cost, from 8*d.* per lb. Sufficient for 3 or 4 persons. Seasonable, meadow mushrooms in September and October. Obtainable all the year.

Note.—To produce Mushrooms at all seasons gardeners provide themselves with what is called *spawn* from those whose business it is to propagate it. When thus procured it is usually made up for sale in quadrils consisting of numerous white, fibrous roots, having a strong smell of mushrooms. The spawn is planted in rows, in a carefully-made bed, formed of seasoned farmyard compost of sifted loam, beaten hard, and placed in a dry situation, and carefully attended to for five or six weeks, when the bed begins to produce, and continues to do so for several months. Cellars are often utilised for this purpose. In Paris most of the mushrooms are grown on artificially-formed beds, in dark, disused quarries.

MUSHROOMS, STUFFED.

Ingredients.—6 medium-sized mushrooms, 6 round croûtes of fried or toasted bread, slightly larger than the mushrooms, 1 tablespoonful of finely-chopped cooked ham, ½ a tablespoonful of breadcrumbs, a teaspoonful of grated Parmesan cheese, 1 teaspoonful of finely-chopped mushrooms, ½ a teaspoonful of finely-chopped parsley, 1 very small onion finely chopped, ½ oz. of butter, salt and pepper, browned breadcrumbs, brown sauce.

Method. — Remove the stalks and skins, trim the mushrooms to a uniform shape with a round cutter and use the trimmings for the mixture. Melt the butter in a small stewpan, add to it all the above ingredients except the butter, brown breadcrumbs, and brown sauce, season well with salt and pepper, stir briskly over the fire until well mixed, adding by degrees as much brown sauce as is necessary to slightly moisten the whole. Pile the preparation on the mushrooms, sprinkle with browned breadcrumbs, add a small piece of butter, and bake from 10 to 15 minutes in a moderate oven.

Time.—From 30 to 35 minutes. Average Cost, from 8*d.* per lb. Sufficient for 5 or 6 persons. Seasonable, meadow mushrooms in September and October.

MUSHROOMS (TINNED), WITH CREAM SAUCE.

Ingredients.—1 pint bottle or tin of mushrooms, 1 oz. of butter, 1 oz. of flour, 2 tablespoonfuls of cream, milk, salt and pepper.

Method.—Strain off the liquor, add to it sufficient milk to make up rather more than ½ pint. Heat the butter in a stewpan, add the flour, stir and cook for a few minutes without browning, then put in the mushroom liquor. Stir until boiling, season to taste, put in the mushrooms, and when thoroughly hot stir in the cream, and serve.

Time.—About 20 minutes. Average Cost, 1*s.* to 1*s.* 2*d.* Sufficient for 4 or 5 persons. Seasonable at any time.

MUSHROOMS, TO KEEP, TEMPORARILY.

Ingredients.—1 quart of mushrooms, 2 ozs. of butter, 1 tablespoonful of lemon-juice, salt and pepper.

Method.—Peel, wash, and thoroughly dry the mushrooms. Heat the butter in a LARGE stewpan, put in the mushrooms, season lightly with salt and pepper, and add the lemon-juice. Leave the pan uncovered, and cook the mushrooms very slowly until they become quite dry. They will keep good for several days, and when required for use should be reheated and drained free from butter. They may also be kept for some time if closely packed in a shallow piedish, and covered with clarified butter.

MUSHROOMS, TO PRESERVE.

Ingredients.—To each quart of mushrooms allow 3 ozs. of butter, pepper and salt to taste, the juice of 1 lemon, clarified butter.

Method.—Peel the mushrooms, put them into cold water with a little lemon-juice; let them remain for 10 minutes, then dry them very carefully in a cloth. Put the butter into a stewpan capable of holding the mushrooms; when it is melted add the mushrooms, lemon-juice, and a seasoning of pepper and salt. Draw them down over a slow fire, and let them remain until their liquor is boiled away, and they have become quite dry, but they must not stick to the bottom of the stewpan. When done, put the mushrooms into pots, and over the top pour clarified butter. If not wanted for immediate use, they will keep good a few days without being covered over. To re-warm them, put the mushrooms into a stewpan, strain the butter from them, and they will be ready for use.

AVERAGE COST.—From 8*d*. per lb. SEASONABLE, meadow mushrooms in September and October. OBTAINABLE all the year.

MUSSELS.

INGREDIENTS.—1 quart of mussels, 1 oz. of butter, ½ oz. of flour, the yolks of 2 eggs, 1 tablespoonful of vinegar, 1 teaspoonful of chopped parsley, salt and pepper.

METHOD.—Brush the shells thoroughly, and wash the mussels in several waters. Put them into an iron saucepan without water (or into a steamer). Sprinkle with a little salt, spread a clean wet cloth over them, cover, and let them cook in the steam until the shells open a little. Take them out of the shells, and strain the liquor into a basin. Carefully remove the little weed which is found under the black tongue. Melt the butter, add the flour, and cook for 3 or 4 minutes, then pour in the mussel liquor, and stir until it boils. Cool slightly, then add the yolks of the eggs, vinegar, and parsley, season to taste, and stir by the side of the fire until the eggs thicken. Put in the mussels to re-heat, and serve in the sauce.

TIME.—About ½ an hour. AVERAGE COST, 8*d*. to 10*d*. SUFFICIENT for 2 or 3 persons. SEASONABLE all the year, but best in winter.

MUSTARD.

There are two varieties of mustard seeds. *Sinapis Nigra* (the common), and *Sinapis Alba* (the white). The mustard of commerce is composed of the seeds of both varieties, ground and mixed together. Mustard taken in small quantities is said to stimulate the appetite and aid digestion. The pungency of mustard is not fully developed until moistened with water; its flavour is best when freshly prepared.

MUSTARD (TO MIX).

Mustard is usually prepared for use by simply mixing it smoothly with cold water, and it is generally considered of right consistency when sufficiently moist *to drop slowly* from the spoon. A saltspoonful of salt added to each tablespoonful of mustard not only improves the flavour, but it also prevents the mustard from becoming so quickly dry. If desired, the pungency may be greatly increased by mixing a little chili vinegar and cayenne with the mustard, the flavour of the whole being softened by the addition of a good pinch of sugar. On the other hand, when a very mild flavour of mustard is liked, it may be obtained by using cream or milk, preferably the former, instead of water. In any case it should be mixed in small quantities, as it quickly loses its flavour and fresh appearance.

MUSTARD SAUCE (For Fresh Herrings).

INGREDIENTS.—1 teaspoonful of mustard, 1 dessertspoonful of flour, 1 oz. of butter, 1 gill of boiling water, 1 teaspoonful of vinegar.

METHOD.—Mix the flour and mustard, knead them well with the butter, stir in the boiling water, turn into a stewpan, and boil for 5 minutes. Add the vinegar, and serve.

TIME.—10 minutes. AVERAGE COST, 2*d*.

MUTTON AND POTATO PIE.

INGREDIENTS.—2 lbs. of cold lean mutton, 2 lbs. of potatoes, 2 onions, ¾ pint of gravy (made from the bones and trimmings of the meat), salt and pepper.

METHOD.—Cut the meat into small thin slices, parboil and slice the potatoes and onions. Line the bottom of a piedish with potato, cover with a layer of meat and a few slices of onion, and season liberally with salt and pepper. Repeat until the materials are used, the top layer consisting of potato. Pour in the gravy, cover with a greased paper, and bake about 1 hour in a moderate oven. A quarter of an hour before serving remove the paper to allow the potatoes to brown.

TIME.—To prepare and cook, about 1½ hours. AVERAGE COST, 3*d.*, exclusive of the meat. SUFFICIENT for 5 or 6 persons.

MUTTON AND TOMATOES.

INGREDIENTS.—½ lb. of mutton, 3 tomatoes, 2 or 3 tablespoonfuls of brown breadcrumbs, ¼ pint of gravy, butter, salt and pepper.

METHOD.—Cut the meat into thin slices; also slice the tomatoes. Butter a baking-dish, put a layer of tomatoes at the bottom, cover lightly with breadcrumbs, sprinkle with salt and pepper, and place slices of meat on the top. Repeat until all is used, so contriving that the tomato forms the last layer, and pour in the gravy. Sprinkle the surface thickly with brown breadcrumbs, place a few bits of butter on the top, bake in a moderate oven for about ½ an hour, and serve.

TIME.—About ½ an hour. AVERAGE COST, 9*d.* SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

MUTTON, BOILED.

The leg, neck, and breast are the parts usually selected for boiling. When intended for this purpose, the meat should not be allowed to hang many days, for the least taint spoils the flavour of boiled mutton. Too often the natural flavour of a boiled joint is overpowered by the flavour of the vegetables with which it is cooked. To avoid this, only the quantity sufficient to impart a slight flavour should be cooked in the liquor, and the remainder boiled separately. The flavour of the meat is thus preserved, and the vegetables are a better colour when cooked more quickly than is possible if their rate of cooking is adapted to the meat. The side of the joint intended to be dished upwards should be put downwards in the boiling-pot, for however gentle the ebullition of the water may be, its action somewhat spoils the upper surface of the meat. Moreover, any scum that is not removed during the process of cooking is apt to fall on the upper surface of the meat, and impair its appearance. The time allowed for boiling is from 20 to 25 minutes for each lb. of meat, according to the thickness of the joint.

MUTTON, BONED LEG OF, STUFFED.

INGREDIENTS.—A small leg of mutton boned, 2 ozs. of finely-chopped ham or bacon, 4 tablespoonfuls of breadcrumbs, 2 tablespoonfuls of finely-chopped suet, 2 finely-chopped shallots, 1 teaspoonful of chopped parsley, ½ a teaspoonful of grated lemon-rind, ½ a teaspoonful of powdered mixed herbs, 1 saltspoonful of grated nutmeg, salt and pepper, 1 egg, milk, brown sauce or gravy.

METHOD.—Mix all the dry ingredients together, adding the needful seasoning of salt and pepper. Moisten with the egg and as much milk as is necessary to bind the whole together, press the mixture into the cavity whence the bone was taken, and secure the opening. Roast before a clear fire, or bake in a moderately hot oven from 2¼ to 2½ hours, and when ready, serve with brown sauce or good gravy.

TIME.—About 2½ hours. AVERAGE COST, 10*d.* per lb. SEASONABLE at any time.

MUTTON, BREAST OF, BROILED, WITH CAPER SAUCE.

INGREDIENTS.—A breast of mutton, 2 tablespoonfuls of breadcrumbs, 1 tablespoonful of finely-chopped suet, 1 dessertspoonful of chopped parsley, ½ a teaspoonful of powdered mixed herbs, milk, salt and pepper, ½ pint of caper sauce, stock, or water; when using the latter, add 1 onion, 1 carrot, ½ a small turnip, 10 peppercorns and salt.

METHOD.—Remove the bones and any superfluous fat, flatten the meat and season it well. Mix the breadcrumbs, suet, parsley, herbs, and a good seasoning of salt and pepper together, and moisten with milk. Spread the mixture on the meat, roll up lightly, and bind securely with string. Put it into the stock or water when boiling, simmer gently for 2 hours, then serve with the caper sauce poured over.

TIME.—About 2 hours. AVERAGE COST, 6*d.* per lb. SEASONABLE all the year.

MUTTON, BREAST OF, GRILLED OR BROILED.

INGREDIENTS.—A breast of mutton, salt and pepper, tomato, piquante or other suitable sauce.

METHOD.—Divide the breast into pieces convenient for serving, and trim away some of the fat. Grill slowly over or in front of a clear fire, in order that the meat may be thoroughly cooked, turning frequently meanwhile, and sprinkling liberally with salt and pepper. Serve the sauce separately.

TIME.—About 20 minutes. AVERAGE COST, 6*d.* per lb. SEASONABLE at any time.

MUTTON, BREAST OF, TO COLLAR.

INGREDIENTS.—A breast of mutton boned, 2 tablespoonfuls of breadcrumbs, 1 tablespoonful of finely-chopped capers, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, ¼ a teaspoonful of finely-grated lemon-rind, vinegar, a good pinch of nutmeg, salt and pepper, 1 yolk of egg.

METHOD.—Make a forcemeat of the above ingredients, taking care to season it rather highly with salt and pepper. Flatten the meat, spread the forcemeat evenly, roll up as lightly as possible, and secure with string. Put the roll into a stewpan containing just sufficient stock to cover it, or failing stock, use water and add the bones removed from the meat, also vegetables and herbs to give flavour. Simmer very gently for 2½ hours, then transfer to an earthenware vessel, and strain the stock. Add to it half its quantity of vinegar and a tablespoonful of salt, and pour the mixture over the meat, which it should completely cover. It should remain for at least 5 or 6 days before being used, and may be kept for a much longer time, but the liquor must be boiled up twice a week, and not replaced until quite cold.

TIME.—To cook, 2½ hours. To pickle, 5 or 6 days. AVERAGE COST, *6d* per lb.

MUTTON, BROILED, AND TOMATO SAUCE.

INGREDIENTS.—Slices of cooked mutton, salad-oil or melted fat or butter, salt and pepper, ½ pint of tomato sauce, mashed potato.

METHOD.—Brush the meat over on both sides with oil or melted fat, sprinkle carefully with salt and pepper, and broil quickly over a clear fire. Serve on a border of mashed potato, with the sauce poured round.

TIME.—From 10 to 15 minutes. SEASONABLE at any time.

MUTTON BROTH.

INGREDIENTS.—1 quart of cold water, 1½ lbs. of neck of mutton, 1 small carrot, ½ a turnip, 1 onion, 1 strip of celery, 1 teaspoonful of finely-chopped parsley, 1 tablespoonful of rice or pearl-barley, salt and pepper.

METHOD.—Remove all the fat and cut the meat into small pieces. Put the water into a stewpan, add the meat, bones, and a little salt, bring slowly to the boil, and skim well. If pearl-barley is used, blanch it by putting it into cold water and bringing to the boil. Cut the vegetables into rather small dice or cubes, and add them to the broth when it has cooked for 1 hour; add also the pearl-barley. When the broth has simmered gently for 3 hours, strain and return to the saucepan. Carefully remove any fragments of bone from the meat, vegetables and pearl-barley, and return. When boiling, sprinkle in the parsley. Season to taste, and serve.

TIME.—3 to 3¼ hours. AVERAGE COST, 1*s*. 1*d*. to 1*s*. 3*d*. SEASONABLE at any time. SUFFICIENT for 4 or 5 persons.

MUTTON BROTH (Invalid Cookery).

INGREDIENTS.—1 lb. of scrag-end of mutton, 1 quart of water (cold), 1 tablespoonful of rice, 1 teaspoonful of chopped parsley, salt and pepper.

METHOD.—Remove all fat, cut the mutton into small joints, and put it and the water and salt into a stewpan. Bring to the boil, skim well, then cover and simmer gently for 3 hours, adding the rice about ½ an hour before serving. When ready, take out the meat and bones, cut the former into tiny dice, replace in the broth, add the parsley, season to taste and serve. If preferred, the broth may be strained and simply served with the chopped parsley.

TIME.—3½ hours. AVERAGE COST, *6d*.

MUTTON, CASSEROLE OF (English Style).

INGREDIENTS.—Neck or loin of mutton, good gravy, suet crust, salt and pepper.

METHOD.—Cut the meat into small chops or cutlets, remove the bones, and trim away nearly all the fat. Place the meat in a casserole it will about half fill, cover with good gravy, and season to taste. Put on the lid, and cook gently for about 1 hour, either on the stove or in a moderately cool oven. Meanwhile, make the paste as directed, and roll it into a round or oval form of smaller dimensions than the casserole. Lay the paste on the top of the meat, replace the lid, and cook gently for 1½ hours longer. Divide the paste into sections before serving.

TIME.—2½ hours. AVERAGE COST, 9*d*. to 1*s*. per lb.

MUTTON CHOPS, BROILED OR GRILLED.

Ingredients.—Loin of mutton, salad-oil or oiled butter, salt and pepper.

Method.—Divide the loin into chops, trim away any superfluous fat, curl the end round, and fasten securely with a small skewer. Brush over with salad-oil or butter, broil over or in front of a clear fire, turning 3 or 4 times, then season with salt and pepper, and serve.

Time.—To broil, 7 to 10 minutes. Average Cost, 1*s.* per lb.

MUTTON CHOPS IN BATTER (Colonial Recipe).

Ingredients.—6 or 8 small moderately-thin slices cut from a well-hung leg or loin of mutton, 1 egg, 3 tablespoonfuls of flour, ½ pint of milk, salt, pepper, nutmeg, frying-fat.

Method.—Mix the egg, flour, and milk to a smooth batter, and add a good seasoning of salt and pepper. Sprinkle each slice of meat with salt, pepper, and a little nutmeg, dip them into the batter, and fry gently in hot fat until crisp and nicely browned. Batter may also be made of the above quantities of flour and milk with the addition of about ½ a teaspoonful of carbonate of soda, the egg of course being omitted. A tablespoonful of oiled butter, fat, or salad-oil will greatly improve the batter.

Time.—To fry the chops, from 10 to 15 minutes. Average Cost, 2*s.* Sufficient for 3 or 4 persons. Seasonable at any time.

MUTTON COLLOPS.

Ingredients.—6 or 8 slices of cooked mutton, 2 shallots or 1 small onion finely chopped, ½ a teaspoonful of powdered mixed herbs, ⅛ a saltspoonful of mace, 1 dessertspoonful of flour, butter, or fat for frying, ½ pint of gravy or stock, lemon-juice or vinegar, salt and pepper.

Method.—Cut the meat into round slices about 2½ inches in diameter. Mix together the shallot, herbs, mace, and a little pepper and salt, and spread this mixture on one side of the meat. Let it remain for 1 hour, then fry quickly in hot butter or fat, taking care to cook the side covered with the mixture first. Remove and keep hot, sprinkle the flour on the bottom of the pan, which should contain no more fat than the flour will absorb, let it brown, then add the gravy or stock. Season to taste, boil gently for about 15 minutes, add a little lemon-juice or vinegar to flavour, and pour the sauce round the meat.

Time. — Altogether, 1¼ hours. Average Cost, about 1*s.* 8*d.* Sufficient, 1 lb. for 3 or 4 persons. Seasonable at any time.

MUTTON, CURRIED.

Ingredients.—1 lb. of cooked mutton, ½ pint of curry sauce, boiled rice.

Method.—Remove all skin and fat from the meat, and cut it into small thin slices. Make the sauce as directed, let the meat remain in it for at least ½ an hour, then serve with well boiled rice.

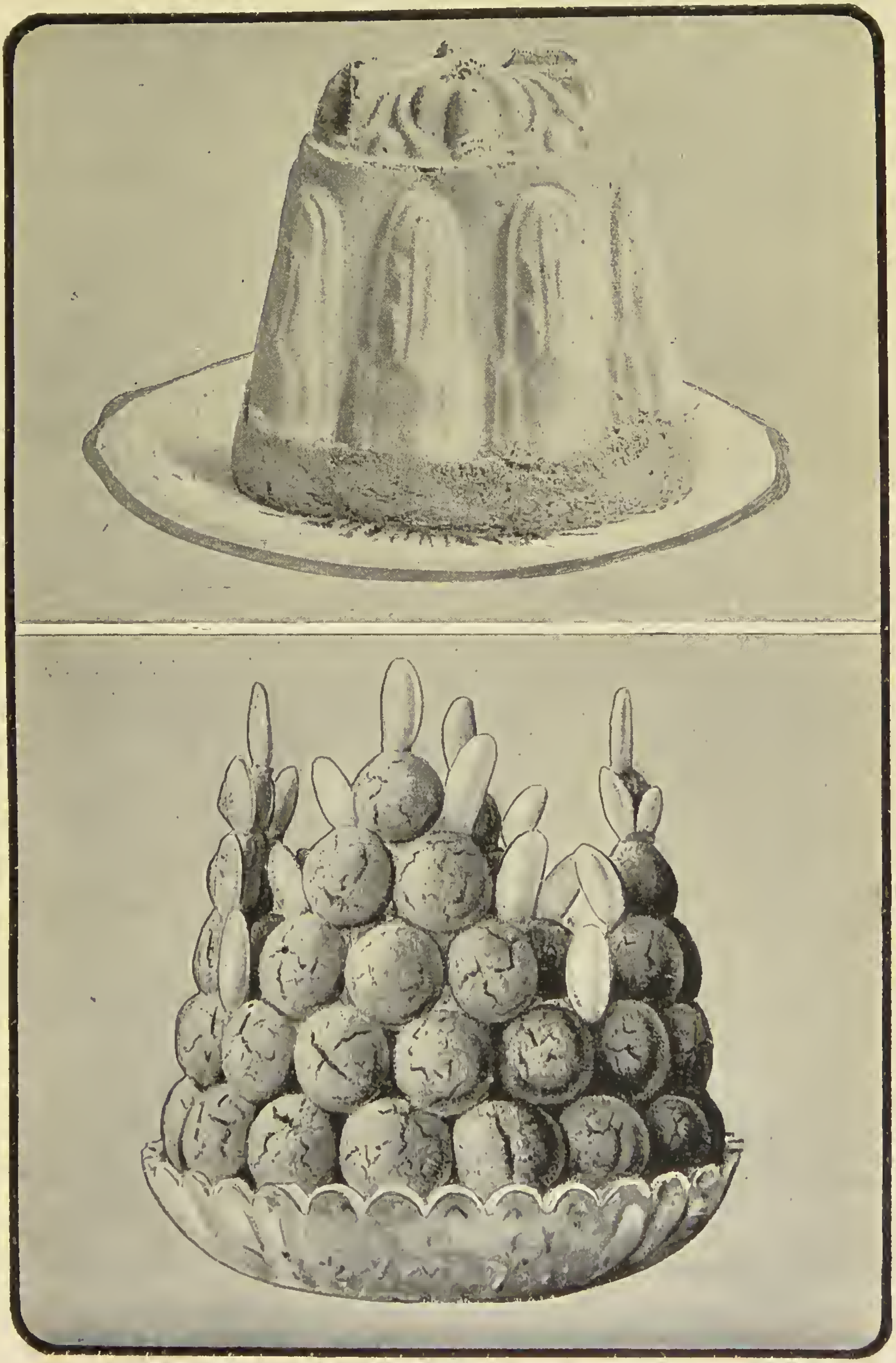
Time.—To re-heat the meat, ½ an hour. Average Cost, 1*s.* 6*d.* Sufficient for 3 or 4 persons. Seasonable at all times.

Note. — See "Veal, Curried," "Chicken, Curried."

MUTTON, CURRIED (Indian Recipe).

Ingredients.—2 lbs. of lean mutton, 2 ozs. of ghee or butter, ½ lb. of onions (sliced), ½ lb. of pounded almonds, ¼ oz. of green ginger, ½ a teaspoonful of saffron,

COLD SWEETS. No. 1.



1. Savoy or Sponge Cake. 2. Ratafia Trifle.

COLD SWEETS. No. 2.

1. Charlotte Russe. 2. Savarin Trifle.

⅛ of a teaspoonful of ground cloves, ⅛ of a teaspoonful of ground cardamoms, the juice of 5 limes, 1 clove of garlic, ⅓ pint of cream, ½ a teaspoonful of black pepper, salt.

Method.—Pound the green ginger with a little ghee, season it well with salt, and rub it into the meat, previously cut into small thin slices. Let it stand for ½ an hour, and meanwhile fry the onions in hot ghee until lightly browned. Put the meat into the stewpan, add the garlic very finely chopped, ground cloves, cardamom seeds, and pepper, and fry until the meat is cooked, taking care the onions do not become burnt. Now add the cream, ground almonds, saffron, the juice of the limes, and salt to taste, cover closely, and cook as slowly as possible for 20 minutes. Serve with plainly boiled rice.

Time.—2¼ hours. Sufficient for 5 or 6 persons. Cost, 2*s.* 2*d.*

MUTTON CUTLETS, BRAISED.

Ingredients.—7 or 8 cutlets from the best end of the neck, larding bacon, 1½ ozs. of butter, ½ pint of stock, 1 onion, 1 carrot, 1 or 2 strips of celery, ½ a small turnip, a bouquet-garni (parsley, thyme, bay-leaf), glaze, salt and pepper, ⅓ pint of tomato or demi-glace sauce, peas, spinach, or other vegetable garnish.

Method.—Trim and flatten the cutlets into a good shape, and insert 5 or 6 fine lardoons, or pieces of fat bacon used for larding, in the lean part of each one. Slice the vegetables, put them into a stewpan with the butter and bouquet-garni, lay the cutlets on the top, put on the lid, and cook gently for 20 minutes. Have the stock boiling, pour into the stewpan as much of it as will three-quarters cover the vegetables, and add the remainder of the stock as that in the pan reduces. Cover the cutlets with a buttered paper, put on the lid, and cook gently for about 50 minutes on the stove or in the oven. When done, brush over one side with meat glaze, and put them into a hot oven for a few minutes to crisp the bacon. Arrange them in a close circle on a border of potato, serve the prepared vegetables in the centre, and pour round the sauce.

Time.—To cook the cutlets, about 1¼ hours. Average Cost, 1*s.* per lb. Sufficient for 5 or 6 persons.

MUTTON CUTLETS (Chaud-froid of).

Ingredients.—8 or 10 cutlets from the best end of the neck, 6 ozs. of liver farce, 6 leaves of French gelatine, ⅓ pint of tomato sauce, ⅓ pint of Béchamel sauce, dressed salad, salt and pepper.

Method.—Braise the neck in the usual way; when cold cut it into neat cutlets, trim off the greater part of the fat, season with salt and pepper, and cover one side with a thin layer of the liver farce. Dissolve the gelatine in 2 tablespoonfuls of cold water, and divide it equally between the tomato and Béchamel sauces, which should be warm when the gelatine is added. Let the sauces cool slightly, then coat the covered sides of the cutlets, making one half red and the other white. Let them remain on ice or in a cool place until the sauce is quite set, then arrange them in a circle in alternate colours, place a frill on each cutlet, and serve the dressed salad in the centre.

Time.—1½ hours after the meat is cooked. Average Cost, 3*s.* 6*d.* to 4*s.* Sufficient for 7 or 8 persons.

Note.—Brown sauce may be substituted for the white, the combination of red and brown being very effective; or a green chaud-froid sauce may be used instead of the tomato sauce.

MUTTON CUTLETS, GRILLED.

Ingredients.—7 or 8 cutlets cut from the best end of the neck, 7 or 8 very small tomatoes stuffed with mushrooms, ¼ pint of demi-glace sauce, 1½ ozs. of butter, breadcrumbs.

Method.—Trim and flatten the cutlets into a good shape. Prepare the tomatoes as directed, and bake them until tender in a moderate oven. Warm the butter, dip in the cutlets, taking care that the sides are well coated, cover lightly with breadcrumbs, and press them firmly on with a knife. Grill them over or in front of a clear fire, turning them carefully 2 or 3 times in order that both sides may be equally cooked and browned. Arrange neatly on a border of potato, serve the tomatoes piled in the centre, and pour the sauce round.

Time.—From 8 to 10 minutes, to cook the cutlets. Average Cost, 1*s.* per lb. Sufficient for 5 or 6 persons.

MUTTON CUTLETS (Reform Style).

Ingredients.—7 or 8 mutton cutlets, 2 tablespoonfuls of breadcrumbs, 1 tablespoonful of finely-chopped ham, salt and pepper, 1 egg. For the garnish: 1 tablespoonful of shredded cooked ham, 1 tablespoonful of shredded gherkin, 1 tablespoonful of shredded champignons, 1 tablespoonful of shredded white of egg, 1 tablespoonful of shredded truffle, ½ oz. of butter, stock, ½ pint of Espagnole or brown sauce, frying-fat.

Method.—Mix the breadcrumbs and chopped ham together, and season rather highly with salt and pepper. Flatten the cutlets slightly, trim them to a good shape, and coat them first with beaten egg, and afterwards with the breadcrumbs, etc. Melt the butter, add all the shredded ingredients and a little pepper, moisten with stock, and make thoroughly hot. Fry the cutlets quickly in hot butter or fat until nicely browned, and drain free from fat. Arrange them on a hot dish in a close circle with the garnish in the centre, and the sauce poured round, or, if preferred, in a close row with the sauce poured round, and the garnish arranged lightly on one side.

Time.—To fry, 6 or 7 minutes. Average Cost, about 4*s.* 6*d.* Sufficient for 5 or 6 persons. Seasonable at any time.

MUTTON CUTLETS (Tinned Meat).

Ingredients.—1 tin of roast mutton, 1 egg, breadcrumbs, butter or frying-fat, ⅓ of a pint of tomato sauce.

Method.—Carefully remove the meat from the tin, slice it rather thickly, and trim it to a cutlet shape, putting all jelly and trimmings aside to be afterwards converted into croquettes, rissoles, or mince. Coat the cutlets with egg and breadcrumbs, which should be highly seasoned to counteract the lack of flavour in the meat, fry in hot butter or fat until nicely browned, and serve with the sauce poured round. The dish may be varied by serving tinned peas with it, haricots verts, flageolets, turnips and carrots, spinach or asparagus.

Time.—About ½ an hour. Average Cost, 1*s.* 6*d.* to 1*s.* 9*d.* Sufficient for 5 or 6 persons.

MUTTON CUTLETS, TO PREPARE.

The best end of a neck of mutton must be selected for this purpose.

Saw off the chine bone and the ends of the rib bones, leaving the part to be divided into cutlets about 4 inches long, but this must be determined by the size of the fillet or lean portion of the meat. The end of each bone must be scraped quite bare to the depth of about ¾ of an inch. A more even surface and a better shape may be obtained by beating them slightly with a wetted cutlet-bat or chopping-knife. When the mutton is large, 1 cutlet may be cut with a bone and 1 cutlet between each of the bones; when the cutlet frills are attached the appearance of the boneless cutlets is identical with the rest. Nearly all the fat must be trimmed off, and should be clarified and used for frying or making plain pastry and cakes, while the lean parts may be boiled down for gravy or sauce to be served with the cutlets, or when not required for this purpose they may be put into the stock-pot.

MUTTON CUTLETS WITH GREEN PEAS.

Ingredients.—7 or 8 cutlets cut from the best end of a neck of mutton, 1 pint of shelled peas, ⅓ pint of Espagnole sauce, 3 ozs. of butter, 1 egg, breadcrumbs, salt and pepper.

Method.—Trim the cutlets and flatten them with a wetted cutlet-bat or heavy chopping-knife. Beat the egg, add to it ½ oz. of warm butter and a liberal seasoning of salt and pepper; dip the cutlets in the preparation, and coat them carefully with breadcrumbs. Boil the peas, drain them well, and just before serving put them into a stewpan with 1 oz. of butter and a little salt and pepper, and toss over the fire until well mixed with the butter. Heat the remaining 1½ ozs. of butter in a sauté-pan and fry the cutlets quickly until lightly browned on both sides, then drain well. Arrange them overlapping each other on a thin potato border, serve the peas in the centre, and pour the hot Espagnole sauce round.

Time.—To cook the cutlets, from 7 to 10 minutes. Average Cost, 1s. per lb. Sufficient for 5 or 6 persons.

MUTTON CUTLETS WITH SOUBISE SAUCE.

Ingredients.—7 or 8 cutlets cut from the best end of the neck, ½ pint of Soubise sauce, ¼ pint of demi-glace or brown sauce, salt and pepper, salad-oil, or butter.

Method.—Trim and flatten the cutlets into a good shape, brush them over with oiled butter or salad-oil, and grill over or in front of a clear fire for 8 or 10 minutes. The cutlets should be turned 2 or 3 times, and before serving sprinkle both sides with a little salt and pepper. Arrange them in a close circle on a border of mashed potato, serve the Soubise sauce in the centre, and pour the other sauce round.

Time.—8 to 10 minutes. Average Cost, 1s. per lb. Sufficient for 5 or 6 persons.

MUTTON DORMERS.

Ingredients.—½ lb. of underdone mutton finely chopped, 4 ozs. of cooked rice (*see* Rice, Curried), 3 ozs. of finely-chopped suet, 1 shallot or small onion finely chopped, salt and pepper, egg, breadcrumbs, frying-fat, gravy made from the bones and trimmings.

Method.—Cook and dry the rice as directed, add to it the meat, suet, shallot, and a good seasoning of salt and pepper, mix the ingredients well together, and form them into cork-shaped pieces. Coat with egg and breadcrumbs, fry in hot fat until nicely browned, and drain well. Serve garnished with crisply-fried parsley, and send the gravy to table in a tureen.

TIME.—To fry, 5 or 6 minutes. AVERAGE COST, 5*d*., in addition to the meat. SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

MUTTON, ESSENCE OF (Invalid Cookery).

INGREDIENTS.—1 lb. of lean mutton, 1 gill of water, salt and pepper.

METHOD.—Cut away every particle of fat, shred the meat finely, and place it in a jar with the cold water. Cover closely, place the jar in a saucepan of boiling water or in a cool oven, and cook gently for at least 2 hours. Strain and press all the liquid from the meat, and add salt and pepper to taste. This preparation being highly concentrated, should be administered in small quantities.

TIME.—2¼ hours. AVERAGE COST, 10*d*.

MUTTON, FILLET OF, TO DRESS.

INGREDIENTS.—A large leg of mutton, veal forcemeat, gravy or suitable brown sauce.

METHOD.—This method is specially suited to a small household where cold meat is disliked. Cut off the knuckle part which, braised or boiled, will supply a dinner on a following day. From the other end of the leg cut a roasting piece, thus leaving the fillet 3 or more inches in thickness. Remove the bone, flatten the meat with a cutlet-bat or rolling-pin, season well with salt and pepper, and spread on the forcemeat. Roll up tightly, bind securely with string, and either boil, braise, roast, or bake according to the directions given under respective headings. If preferred, the fillet may be grilled, or roasted in a Dutch oven, the forcemeat, of course, being omitted. It will be found excellent if lightly fried, and afterwards stewed slowly, and served with tomatoes or mushrooms. (*See* also Oxford John, and Mutton Pudding.)

MUTTON, GRILLED, WITH TOMATO SAUCE.

INGREDIENTS.—Two slices of mutton, about an inch in thickness, cut from the middle of the leg, ⅓ pint of tomato sauce. For the marinade: 2 tablespoonfuls of salad-oil or oiled butter, 1 dessertspoonful of vinegar, ½ a teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of finely-chopped shallot or onion, a pinch of powdered mixed herbs, 1 saltspoonful of salt, ½ a saltspoonful of pepper, potato garnish.

METHOD.—Put the slice of meat on to a dish, pour over it the marinade, and let it remain for 2 hours, turning and basting occasionally. When ready to cook, drain, dry well, brush over with salad-oil or warm butter, and grill over a clear fire for about 15 minutes. Have ready the tomato sauce and some crisply-fried straws, ribbons, or chips of potato, place the meat on a hot dish, arrange the potatoes round the base, and serve the sauce in a sauceboat. The dish may be varied by serving with it mushroom sauce and baked tomatoes, or baked or stewed mushrooms, and brown sauce.

TIME.—To grill the meat, about 15 minutes. AVERAGE COST, 1*s*. per lb. SUFFICIENT for 3 or 4 persons.

MUTTON HAM, TO CURE.

INGREDIENTS.—A leg of mutton, 1 lb. of salt, ¼ lb. of moist sugar, 1 oz. of saltpetre.

METHOD.—In cool weather let the meat hang for 2 or 3 days. Pound the ingredients for curing in a mortar, dry them well before the fire, then rub them into the meat, taking care that the parts surrounding the knuckle bone are done thoroughly. Repeat the rubbing every morning for a fortnight, turning the meat each day. At the end of the time dry well, rub the centre surface with common salt, let the meat remain under heavy pressure for 3 or 4 days, and smoke it for at least 10 days before using.

MUTTON, HASHED.

INGREDIENTS. — Cold mutton, pickles, brown sauce, breadcrumbs, salt.

METHOD.—Cut the meat into thin slices, and boil the bones and trimmings for stock for the brown sauce. Cover the bottom of a greased piedish with a layer of breadcrumbs, add 2 or 3 tablespoonfuls of brown sauce, and on the top arrange the slices of meat slightly overlapping each other. Sprinkle with chopped gherkins (or other pickle), salt and pepper, and cover lightly with the breadcrumbs and sauce. Repeat the process until the materials are used, making the top layer a rather thick one of breadcrumbs. Cover with a greased paper, and bake very gently for about ½ an hour. Serve in the dish in which it is cooked.

TIME.—1 hour. SEASONABLE at any time.

MUTTON, HUNTER'S.

INGREDIENTS.—A boned leg of mutton, 8 ozs. of common salt, 4 ozs. of bay-salt, 1½ ozs. of moist sugar, 1 oz. of saltpetre, 1 teaspoonful of ground allspice, ½ a teaspoonful of ground cloves, ½ a nutmeg grated, slices of bacon.

METHOD.—Mix the salting ingredients well together, and rub the mixture over the entire surface of the meat, the skin being previously closely scored, to allow the flavour to penetrate. Turn and rub the meat daily for a fortnight, then rinse in warm water, and bind it into a good shape. Place in a deep baking-dish or tin with about ½ pint of water, cover first with slices of bacon, and afterwards with several folds of well-greased paper, which must be secured round the edge of the dish or tin to keep in the steam. Cook as gently as possible for 4 hours, press until cold, then glaze, and use as required.

TIME.—To pickle, 14 days. To cook, 4 hours. AVERAGE COST, 1*s.* per lb.

MUTTON, IN IMITATION OF VENISON.

INGREDIENTS.—A neck, loin, or leg of mutton, ¼ pint of vinegar, ¼ pint of claret or other red wine, 3 bay-leaves, 3 shallots sliced, 1 teaspoonful of pepper, 1 teaspoonful of pounded allspice.

METHOD.—Let the meat hang at least 3 or 4 days, then rub it over with mixed pepper and allspice, and repeat the rubbing at intervals for 48 hours. Mix together the vinegar, wine, shallots, and bay-leaves, baste the meat well with the mixture, and let it remain for 2 days, basting frequently. When ready, wash in warm water, dry thoroughly, and enclose in a flour and water paste. Cook according to directions given for dressing venison, and serve with good gravy and red-currant jelly.

TIME.—About 8 days. AVERAGE COST, 10*d.* to 1*s.* per lb. SEASONABLE at any time.

MUTTON, KNUCKLE OF, TO BOIL.

INGREDIENTS.—1 knuckle of mutton (*see* Mutton, Fillet of, to Dress), 1 onion, 1 carrot, ¼ of a turnip, a bouquet-garni (parsley, thyme, bay-leaf), 8 peppercorns, salt.

METHOD.—Prepare and slice the vegetables. Place the knuckle in a stewpan just large enough to hold it, and containing sufficient boiling stock or water to barely cover the meat. Add the vegetables, herbs. peppercorns, and a little salt, and simmer very gently for about 1½ hours (*see* Mutton, Boiled). If liked, the stock in which the mutton has cooked may be converted into onion sauce.

TIME.—About 1½ hours. AVERAGE COST, 10*d.* per lb.

MUTTON, LEG OF, BRAISED.

INGREDIENTS.—A small leg of mutton, boned, stock or water. When using the latter, add 2 onions, 1 carrot, ½ a turnip, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns. For the forcemeat: ¾ lb. of mutton trimmings, ¾ lb. of raw ham or bacon, 1 Spanish onion finely chopped, a clove of garlic bruised, salt and pepper. For the sauce: 1½ ozs. of butter, 1½ ozs. of flour, 1 pint of stock, slices of fat bacon.

METHOD.—Remove any superfluous fat, and from the cavity from which the bone was taken trim off the lean meat needed for the forcemeat. Chop both bacon and mutton finely, add the onion, garlic, and a good seasoning of salt and pepper, moisten with a little stock; and fill the cavity with the mixture. Secure any opening that would allow the forcemeat to escape, and bind the meat into a good shape with strong string. Put the meat into a stewpan containing hot stock, or vegetables and hot water, to half cover the meat, lay slices of fat bacon on the top of it, and put on a close-fitting lid. Stew very gently for 4 hours, adding more stock or water when necessary. Half an hour before serving heat the butter in a stewpan, add the flour and stir and cook slowly until well browned. Remove the string from the meat and keep hot; strain 1 pint of the stock on to the browned flour and butter, stir until boiling, and season to taste. The meat may either be glazed or served with a little of the sauce poured over, and the remainder sent to table in a tureen.

TIME.—About 4 hours. AVERAGE COST, 10*d.* per lb. SUFFICIENT, 1 leg for 10 or more persons. SEASONABLE at any time.

MUTTON, LEG OF, BRAISED (Another Method).

INGREDIENTS.—1 small leg of mutton. For the mirepoix: 2 onions thickly sliced, 2 carrots thickly sliced, 1 small turnip thickly sliced, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns. For the sauce: 1½ ozs. of butter, 1½ ozs. of flour, 2 shallots finely chopped, 1 pint of stock, salt and pepper, stock or water.

METHOD.—Put the mirepoix into a braising-pan or large stewpan, nearly cover with boiling stock or water, lay the meat on the top, and wrap round it a well-greased paper. Put on the lid, which should fit closely, and cook gently from 3 to 3½ hours, adding more stock or water as that in the pan becomes reduced. Half an hour before serving melt the butter in a stewpan, fry the shallots lightly, then add the flour, and cook until it acquires a nut-brown colour. Keep the meat hot, strain the stock, increase the quantity to 1 pint, pour it over the browned flour and butter, and stir until boiling. Season to taste, boil gently for ten minutes, then pour a little over the meat, and serve the remainder in a tureen. Cooked tomatoes, mushrooms, fancifully-cut turnips, and carrots, small timbales of spinach or green pea purée, haricots verts, and macedoine are all suitable garnishes for this dish.

TIME.—About 4 hours. AVERAGE COST, 10*d.* per lb. SEASONABLE at any time.

MUTTON, LEG OF, WITH OYSTERS.

INGREDIENTS. — A well - hung boned leg of mutton, 12 sauce oysters, 1 tablespoonful of breadcrumbs, 2 hard-boiled yolks of eggs, 1 teaspoonful of chopped parsley, 1 shallot finely chopped, salt and pepper, oyster sauce.

METHOD.—Blanch the oysters in their own liquor, which afterwards strain. Chop the oysters coarsely, add to them the breadcrumbs, yolks of eggs, parsley, shallot, and a little salt and pepper, and moisten slightly with oyster liquor. Press the forcemeat lightly into the cavity from which the bone was removed, carefully secure any opening there may be, and bind with strong string. Boil gently in stock, or water flavoured with vegetables and herbs, from 2½ to 3 hours, according to size, and serve with oyster sauce.

TIME.—To boil, 2½ to 3 hours. AVERAGE COST, 10*d.* per lb.; oysters, 1*s.* to 1*s.* 6*d.* per dozen. SUFFICIENT for 12 or more persons, according to size. SEASONABLE from September to April.

MUTTON, LOIN OF, BONED AND STUFFED.

INGREDIENTS.—A loin of mutton, 3 tablespoonfuls of breadcrumbs, 2 tablespoonfuls of chopped suet, 2 tablespoonfuls of chopped ham or bacon, 1 teaspoonful of powdered mixed herbs, 2 teaspoonfuls of chopped parsley, ½ a teaspoonful of grated lemon-rind, 1 egg, milk, nutmeg, salt and pepper, gravy or sauce.

METHOD.—Bone the meat, trim away any superfluous fat, and flatten with a cutlet-bat or rolling-pin. Mix all the dry ingredients well together, add a good seasoning of salt and pepper, stir in the egg and as much milk as is necessary to moisten the whole. Spread the forcemeat on the inner surface of the meat, roll up tightly, and secure with tape. Bake the meat in a moderately hot oven for 2 or 2½ hours, according to size, basting frequently with hot fat; or, if preferred, the meat may be either braised or stewed according to directions given under the respective headings. Serve with good gravy, brown sauce, or any other sauce preferred.

TIME.—To bake, from 2 to 2½ hours. AVERAGE COST, 1*s.* per lb. SUFFICIENT for 6 or more persons, according to weight. SEASONABLE at any time.

MUTTON, MINCED.

INGREDIENTS.—1 lb. of cooked mutton cut into very small dice, 1 small onion finely chopped, ¾ pint of stock made from bones and trimmings, ¾ oz. of butter, ½ oz. of flour, 1 tablespoonful of walnut liquor, mushroom ketchup, or some sharp sauce, salt and pepper, cooked macaroni.

METHOD.—Melt the butter in a stewpan, fry the onion until lightly browned, add the flour and brown it also. Stir in the stock, add the walnut liquor and seasoning to taste, and simmer gently for 10 minutes. Put in the meat, draw the stewpan aside, where the contents will be kept just below simmering point, and let it remain for at least ½ an hour. Arrange the macaroni in the form of a border, place the mince in the centre, and serve. If preferred, mashed potato or sippets of toasted bread may be substituted for the macaroni.

TIME.—From 1¼ to 1½ hours. AVERAGE COST, *6d.* or *7d.*, exclusive of the meat. SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

MUTTON, MINCE OF FRESH (Invalid Dish).

INGREDIENTS.—6 ozs. of lean mutton, ½ oz. of butter, 1 teaspoonful of flour, ¼ of a teaspoonful of finely-chopped onion, ¼ pint of stock or water, salt and pepper, toasted bread.

METHOD.—Select tender, juicy meat, trim off all the fat, and cut the lean into tiny dice. Melt the butter in a stewpan, fry the onion lightly, add the meat, and cook gently for a few minutes, browning it slightly. Stir in the flour, add the stock, and a little salt and pepper, and simmer very gently until tender (about ½ an hour). Serve garnished with triangles of thin toasted bread.

TIME.—40 minutes. AVERAGE COST, *6d.*

MUTTON, MINCE OF, BAKED.

INGREDIENTS.—½ lb. of cooked mutton finely minced, 3 tablespoonfuls of white breadcrumbs, 1 tablespoonful of brown breadcrumbs, 1 teaspoonful of finely-chopped parsley, 1 shallot very finely minced, 1 egg, salt and pepper, 1 tablespoonful of mushroom ketchup, gravy, a little butter or fat.

METHOD.—Coat a plain mould or round cake-tin rather thickly with butter or fat, and cover it lightly with browned breadcrumbs. Mix the meat, white breadcrumbs, parsley, and shallot well together, season rather highly with salt and pepper, and add the egg, mushroom ketchup, and sufficient gravy to slightly moisten the whole. Turn the mixture into the prepared tin, bake gently from 1 to 1¼ hours, then unmould carefully, and serve with good gravy.

TIME.—To bake, from 1 to 1¼ hours. AVERAGE COST, about *1s.* SUFFICIENT for three persons. SEASONABLE at any time.

MUTTON, NECK OF, BRAISED, WITH BROWN CAPER SAUCE.

INGREDIENTS.—The best end of a neck of mutton, 3 ozs. of butter, 2 ozs. of flour, 2 tablespoonfuls of capers, 1 tablespoonful of caper vinegar, 1¼ pints of stock or water, 2 onions, 2 carrots, 1 small turnip, 2 stalks of celery, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, 2 cloves, meat glaze, salt and pepper.

METHOD.—Trim the meat, saw the rib bones across, remove the short bones, and fold the flap under. Slice the vegetables, put them into a stewpan with 1 oz. of butter, the herbs, peppercorns, and cloves, lay the meat on the top, put on the lid of the stewpan, and cook gently for ½ an hour. The vegetables must be occasionally stirred or shaken, and when sufficiently fried add stock to ¾ cover them, and the remainder as that in the pan reduces. Cover the meat with a buttered paper, and cook gently for about 2 hours. Fry the flour and remaining 2 ozs. of butter together until a brown roux is formed. When the meat is ready, transfer it to a hot dish, brush it over with the stock reduced to glaze, and keep it hot. Strain the liquor on to the brown roux, stir until boiling, season to taste, simmer for five minutes, then add the capers, and serve in a sauce-boat. If preferred, glazing the meat may be omitted, and a little sauce poured over instead.

TIME.—To cook, about 2 hours. AVERAGE COST, *1s.* per lb. ALLOW 3 lbs. for 6 or 7 persons.

MUTTON, NECK OF, BROWNED.

Ingredients.—Best end of a neck of mutton, stock, 2 ozs. of butter, 2 ozs. of flour, 1 egg, breadcrumbs, 1 teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of powdered mixed herbs, pepper and salt, frying-fat.

Method.—Saw the rib bones across, remove the short ends, fold the flap under, and bind securely. Place the meat in a stewpan containing as much boiling stock (or boiling water and usual flavouring vegetables) as will barely cover it, simmer gently for 1 hour, then drain well. Beat the egg, add the parsley, herbs, and a good seasoning of salt and pepper, and coat the meat thickly with the mixture. Cover lightly with breadcrumbs, and bake in a moderately hot oven until well browned, meanwhile basting frequently with hot fat. Heat the butter in a stewpan, add the flour, stir and cook slowly until well browned, and add 1 pint of boiling stock from the larger stewpan. Stir until boiling, season to taste, simmer gently until required, and serve separately.

Time.—About 1½ hours. Average Cost, 6*d.* in addition to the meat, which will cost from 10*d.* to 1*s.* per lb. Sufficient for 4 persons. Seasonable at any time.

MUTTON, NECK OF, TO ROAST.

Ingredients.—Best end of the neck of mutton, fat for basting, salt and pepper.

Method.—Saw the rib bones across, remove the short ends, fold the flap under, and fasten securely. Roast in front of a clear fire, or if more convenient bake in a moderately hot oven, in either case basting frequently with hot fat (*see* Mutton, Roast). Serve with good gravy and, if liked, onion sauce.

Time.—About 1 hour. Average Cost, 10*d.* to 1*s.* per lb. Sufficient for 4 persons. Seasonable at any time.

MUTTON PUDDING.

Ingredients.—2 lbs. of lean mutton (*see* Mutton, Fillet of, to Dress), suet crust, salt and pepper.

Method. — Follow directions given for Beefsteak Pudding. A little kidney will be found a great improvement.

Time.—About 4 hours. Average Cost, 2*s.* 6*d.* Sufficient for 5 or 6 persons. Seasonable at any time.

MUTTON, RAGOÛT OF, COLD.

Ingredients.—The remains of a saddle, loin, or neck of mutton, 1 onion shredded, 1 carrot cut into dice, ½ a turnip cut into dice, 2 ozs. of butter or fat, 1 oz. of flour, ¾ pint of gravy, stock or water, salt and pepper.

Method.—Divide the meat into cutlets, and trim away some of the fat. Heat the butter or fat in a stewpan, fry the meat quickly on both sides, then take it out, and put in the onion. Fry until lightly browned, sprinkle in the flour, and when well browned add the stock or water. Boil up, season to taste, add the trimmings of carrot and turnip, and replace the meat. Cover closely, cook very gently for 1 hour, then arrange the cutlets neatly on a hot dish, strain the sauce over, and serve garnished with the vegetable dice, which must have been meanwhile boiled in salted water.

Time.—About 1 hour. Average Cost, 6*d.*, in addition to the meat and gravy. Allow 1 lb. to 3 or 4 persons. Seasonable at any time.

MUTTON, RÉCHAUFFÉ OF.

Ingredients.—Slices of cold mutton, 1 onion finely chopped, a few slices of carrot, a few slices of turnip, ¾ pint of stock made from bones and trimmings, 1½ ozs. of butter, 1½ ozs. of flour, 1 tablespoonful of mushroom ketchup or some sharp sauce, salt and pepper.

METHOD.—Simmer the bones, meat trimmings, turnip, and carrot in just sufficient water to cover them for at least 1 hour, then strain and season to taste. Heat the butter, fry the onion until lightly browned, add the flour, stir and cook slowly until brown, and put in ¾ pint of stock. Stir until boiling, season to taste, add the mushroom ketchup, and boil gently for 10 minutes. Place the slices of meat in the prepared sauce, let the stewpan stand for at least ½ an hour, where the contents will remain just below simmering point, then arrange the meat neatly on a hot dish, and strain the sauce over.

TIME.—Altogether, about 2 hours. AVERAGE COST, about 1*s*. 8*d*. for a dish. SUFFICIENT for 4 persons.

MUTTON, ROAST.

When possible, mutton should be roasted before the fire, for this method of cooking imparts a more delicate and better flavour to the meat. Whatever the joint, it should be well basted with hot fat before setting the roasting-jack in motion; and for 10 or 15 minutes it must be placed quite close to a clear, bright fire, in order to quickly form a hard surface layer. The meat revolves too quickly for it to become over-browned in a short space of time. During the first few minutes the joint should be almost constantly basted, and afterwards at short intervals. The time required for roasting depends principally upon the condition of the fire and the form or the size of the joint.

MUTTON, ROAST HAUNCH OF.

INGREDIENTS. — A haunch of mutton.

METHOD. — This joint requires great care in roasting, for if cooked too quickly the loin is overdone while the thick part of the leg remains insufficiently cooked. This may be remedied to some extent by enclosing the loin in several thicknesses of well-greased paper; also by hanging the thick part of the leg where it will receive the hottest rays of heat from the fire. Follow directions given for Mutton, Roast.

TIME.—About 15 minutes per lb. AVERAGE COST, 10*d*. per lb. SUFFICIENT for 12 or more persons, according to size of joint. SEASONABLE from June to January.

MUTTON, ROAST SADDLE OF.

INGREDIENTS.—Saddle of mutton, salt and pepper, fat for basting, gravy, red-currant jelly.

METHOD.—Remove the skin, pare off any superfluous fat, and take away the fat and kidneys from the inside. Fold the flaps under, bind securely in shape, and cover the back with several folds of greased paper. Roast in front of a clear fire, basting frequently, or, if more convenient, bake in a moderately hot oven (*see* Mutton, Roast). Serve with good gravy and red-currant jelly.

TIME.—About 15 minutes per lb. AVERAGE COST, 1*s*. per lb. SUFFICIENT for from 12 to 18 persons, according to weight. SEASONABLE at any time.

MUTTON, ROLL OF.

INGREDIENTS.—3 lbs. of lean mutton, 1 lb. of ham or bacon finely chopped, 4 tablespoonfuls of breadcrumbs, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs,

½ a teaspoonful of finely-grated lemon-rind, ½ a teaspoonful of finely-chopped shallot or onion, a good pinch of nutmeg, salt and pepper, 1 or 2 eggs, stock, gravy, or sauce, fat for basting.

METHOD.—Chop the meat finely, or pass it 2 or 3 times through a mincing machine. Mix with it all the dry ingredients enumerated above, and season somewhat liberally with salt and pepper. Add 1 large or 2 small eggs, and enough stock to gradually moisten the whole, then form the mixture into a short thick roll. Enclose in 3 or 4 folds of greased paper, bake in a moderate oven for about 2 hours, and baste frequently meanwhile. Half an hour before serving remove the paper, and either dredge the roll lightly with flour, or coat it with egg and breadcrumbs. Serve with good gravy or brown sauce.

TIME.—To cook, about 2 hours. AVERAGE COST, 4*s*. SUFFICIENT for 7 or 8 persons. SEASONABLE at any time.

Note.—Underdone cold mutton may be utilised in this way, and the ham or bacon may be either raw or cooked. When cold materials are used, the roll should be cooked for about 1 hour.

MUTTON SAUSAGES.

INGREDIENTS.—1 lb. of lean, raw or underdone mutton, 2 ozs. of finely-chopped ham or bacon, 4 ozs. of finely-chopped suet, 4 ozs. of breadcrumbs, 2 ozs. of finely-chopped mushrooms, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped shallot or onion, ½ a teaspoonful of powdered mixed herbs, salt and pepper, 2 eggs, stock, sausage-skins.

METHOD.—Chop the meat finely, mix with it the rest of the dry ingredients, seasoning liberally with salt and pepper. Stir in the eggs and as much stock as is necessary to slightly moisten the whole. Press the mixture lightly into skins, or, if more convenient, form it into cork-shaped pieces or small cakes. Fry in hot butter or fat.

TIME.—To fry, 8 to 10 minutes. AVERAGE COST, 1*s*. 8*d*. to 1*s*. 10*d*. SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

MUTTON, SCOTCH, COLLOPS.

INGREDIENTS.—1 lb. of lean mutton (chops), 1 oz. of butter, ½ a small onion, 1 teaspoonful of chopped parsley, 1 tablespoonful of flour, stock, salt and pepper, croûtons of bread, 1 gill of stock.

METHOD.—Free the meat from bones and fat, and chop it or mince it evenly, but not too finely. Chop finely the onion, fry, *i.e.*, blend, in the butter, put in the meat, and cook quickly over the fire for a few minutes. Sprinkle in the flour, stir for a while, and moisten with the stock, boil up, skim, and cook gently for about ½ an hour. Season to taste, add the chopped parsley. Dish up, and garnish with croûtons of fried bread.

TIME.—About ¾ of an hour. AVERAGE COST, 1*s*. 2*d*. to 1*s*. 4*d*. SUFFICIENT for 3 or 4 persons.

MUTTON, SCRAG OF, TO COOK.

INGREDIENTS.—The scrag end of a neck, slices of bacon, stock or water, 2 onions sliced, 2 carrots sliced, ½ a turnip sliced, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, salt, 1 egg, breadcrumbs, frying-fat.

METHOD.—Wash the extreme end of the neck in salt and warm water, saw the rib bones across, and remove the short ends. Place the vegetables in a stewpan just large enough to hold the meat, lay the meat on the top, cover with slices of bacon, and add the herbs, peppercorns, and either stock or water to nearly cover the vegetables. Put on a close-fitting lid, cook very gently for 2½ hours, then coat with egg and breadcrumbs, and bake in a quick oven until nicely browned. Serve with brown sauce, or any sauce of which the stock used in cooking the meat may form the base.

Time.—About 3 hours. Average Cost, 6½*d*. per lb.

MUTTON, SHOULDER OF, BAKED AND STUFFED.

Ingredients.—A small shoulder of mutton, veal forcemeat, ¾ pint of stock, 1 oz. of butter, ¾ oz. of flour, 2 or 3 ozs. of dripping, salt and pepper.

Method.—Have all the bones removed from the shoulder, and boil them down for stock. Flatten the meat, using either a wetted cutlet-bat or rolling-pin for the purpose. Season well with salt and pepper, spread on the forcemeat, roll up tightly and bind securely with string. Have ready the baking-tin with the dripping melted, baste the meat well, put it into a moderate oven, and cook gently for 1½ hours, basting frequently. Meanwhile, fry together the butter and flour until a brown roux, or thickening, is formed, strain on to it ¾ pint of stock made from the bones (which should be boiled for at least 2 hours), stir the sauce until it boils, and season to taste. When the meat has cooked for 1½ hours, drain off every particle of fat, but leave the sediment in the tin, pour in the brown sauce, return to the oven, and cook ½ an hour longer, basting frequently. When ready, serve on a hot dish, pour a little of the sauce over the meat, and send the remainder to table in a sauce-boat.

Time.—To prepare and cook, about 2½ hours. Average Cost, 9*d*. to 10*d*. per lb.

Note.—Either leg, loin, or neck of mutton may be cooked according to the above recipe ; and when preferred, onion force may be substituted for the veal forcemeat.

MUTTON, SPICED.

Ingredients.—A boned leg or shoulder of mutton, 8 ozs. of common salt, 1 oz. of bay-salt, ¾ oz. of saltpetre, 4 ozs. of moist sugar, 1 teaspoonful of pepper, 1 dessertspoonful of finely-chopped shallot or onion, 1 saltspoonful of powdered allspice, 1 saltspoonful of powdered cloves.

Method.—Mix the ingredients together, rub the preparation well into the meat, and repeat daily for a fortnight. When ready, rinse in warm water, and bind into a good shape with strong tape. Cook very gently for 5 or 6 hours in good stock, or water flavoured with vegetables, press between 2 dishes until cold, glaze, and use as required.

Time.—To pickle, 14 days. To cook, 5 to 6 hours. Average Cost, 10*d*. to 1*s*. per lb. Seasonable at any time.

MUTTON TEA (Invalid Cookery).

Ingredients.—½ lb. of lean mutton, ½ pint of water, ¼ of a teaspoonful of salt.

Method.—Mutton tea is less generally employed than beef tea, but it is a useful means of varying the diet, and it is both light and easily digested. For invalids it should be prepared as directed for "Beef Tea for Invalids" ; but a more savoury and palatable preparation for convalescents may be made by gently stewing the meat for 2 or 3 hours.

Time.—½ an hour. Average Cost, 5*d*.

MUTTON WITH CAPER SAUCE.

Ingredients.—1½ lbs. of tinned mutton, ¾ pint of caper sauce, METHOD.—Turn the meat out of the tin, and remove all jelly and gravy (to be afterwards converted into caper sauce). Replace the meat in the tin, put it in a stewpan and surround it with boiling water until thoroughly heated. Meanwhile, make the sauce as directed, using the jelly and gravy with stock or water to make up the amount required. Serve the mutton on a hot dish with the sauce poured over.

TIME.—About 1 hour. AVERAGE COST, 1*s*. 6*d*. SUFFICIENT for 4 or 5 persons.

MUTTON WITH VINAIGRETTE SAUCE.

INGREDIENTS.—8 or 9 slices of cooked mutton, sliced gherkins, capers, salad. For the sauce: 4 tablespoonfuls of salad-oil, 2 tablespoonfuls of vinegar (preferably tarragon), ½ a teaspoonful of finely-chopped gherkin, ½ a teaspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped shallot or onion, salt and pepper.

METHOD.—Mix the sauce ingredients together, adding salt and pepper to taste. Arrange the meat neatly on the dish to be sent to table, pour the sauce over, and put aside for at least 1 hour. Garnish with sliced gherkin, capers, and small tufts of salad, and serve the rest of the salad separately.

TIME.—About 1¼ hours. AVERAGE COST, 1*s*. 9*d*. to 2*s*. SUFFICIENT for 6 persons.

NEAPOLITAN ICE.

INGREDIENTS.—¼ pint of strawberry or raspberry pulp, ½ oz. of grated chocolate, 3 yolks of eggs, 1½ pints of milk, ½ pint of cream, 3 ozs. of castor sugar, ½ a teaspoonful of vanilla essence, carmine, or cochineal.

METHOD.—Cream the yolks of eggs and 3 ozs. of castor sugar well together. Add the rest of the sugar to the milk, and when boiling pour on to the yolks of eggs and sugar, stirring vigorously meanwhile. Replace in the stewpan, and stir by the side of the fire until the mixture thickens, then strain. Dissolve the chocolate in 1 tablespoonful of water, mix with it ⅓ of the custard, and let it cool. Mix the fruit pulp with half the remaining custard, and if necessary add a few drops of carmine. To the other third of the custard add the vanilla essence. Whip the cream slightly, divide it into 3 equal portions, and add 1 to each preparation. Freeze separately, then pack in layers in a Neapolitan ice-box, or, failing this, a mould best suited to the purpose, Cover closely, and pack in salt and ice for about 2 hours. Serve cut across in slices.

TIME.—From 1 to 1½ hours. AVERAGE COST, about 2*s*. SUFFICIENT for 7 or 8 persons.

NEAPOLITAN PASTE.

INGREDIENTS.—10 ozs. of flour, 8 ozs. of castor sugar, 4 ozs. of butter, 6 ozs. of sweet almonds, 1 oz. of bitter almonds, the yolks of 6 eggs, the finely-grated rind of 1 lemon, salt.

METHOD.—Blanch and pound the almonds to a smooth paste, moistening from time to time with a little cold water to prevent them oiling. Add the flour, sugar, butter, lemon-rind, and a good pinch of salt, and stir in the yolks of eggs. Work into smooth paste, put aside in a cool place for about 1½ hours, then roll out rather thinly, and cut into squares or rounds. Bake in a moderate oven.

Time.—To bake, about ½ an hour. Average Cost, 2*s*. Sufficient for about 2 lbs.

NEWMARKET PUDDING.

Ingredients.—4 or 5 sponge cakes, 2 ozs. of muscatel raisins halved, 2 ozs. of mixed peel shredded, 1 oz. of currants, 3 ozs. of sugar, 3 small or 2 large eggs, ½ pint of milk, 2 or 3 tablespoonfuls of red-currant jelly.

Method.—Make a custard of the eggs, sugar, and milk. Slice the sponge cakes, place them in layers in a well-buttered mould, and between the layers add raisins, peel, and currants. Pour in the custard, cover and steam gently for 1 hour. Warm the jelly and pour it over the pudding, just before serving.

Time.—To steam the pudding, 1 hour. Average Cost, about 1*s*. 6*d*. Sufficient for 5 or 6 persons.

NORFOLK DUMPLINGS.

Ingredients.—Bread dough, boiling water, salt.

Method.—Let the dough rise to the same degree as when making bread, then roll it into balls about the size of a very small egg. Have ready a saucepan of slightly salted rapidly boiling water, cook the dumplings for 6 or 7 minutes, and serve at once. They may be served with jam, treacle, butter and sugar, vinegar and sugar, or good gravy.

Time.—To cook, 6 or 7 minutes.

NOUGAT.

Ingredients.—¾ lb. of best castor sugar, ½ lb. of almonds, 1 dessertspoonful of lemon-juice.

Method.—Blanch and chop the almonds coarsely, dry them thoroughly in the oven, but do not let them brown. Place the sugar and lemon-juice in a copper sugar boiler or stewpan, stir with a spatula or wooden spoon until it acquires a pale brown colour, and add the prepared almonds. Turn on to an oiled slab, press it out with a hot wet knife, mark into small squares, and when cold break them apart.

NOUILLE PUDDING.

Ingredients.—4 ozs. of nouille paste, 8 ozs. of castor sugar, ½ oz. of butter, 1 oz. of finely-shredded mixed candied peel, 6 eggs, 1 teaspoonful of vanilla essence.

Method.—Roll the nouille paste out thinly, cut it into fine strips, put them into rapidly boiling salted water, to which the butter has been added, cook for 10 minutes, and drain well. Meanwhile, cream the yolks of the eggs and sugar together until thick and smooth, add the peel, vanilla essence, the nouilles when sufficiently cool, and lastly the stiffly-whisked whites of eggs. Turn into a well-buttered mould, cover with a buttered paper, and steam from 1¼ to 1¾ hours. Serve with a suitable sauce.

Time.—Altogether, about 3 hours. Average Cost, 1*s*. Sufficient for 6 or 7 persons.

NOYEAU CREAM.

Ingredients.—1½ pints of cream, 1½ ozs. of gelatine, 1 tablespoonful of lemon-juice, 2 tablespoonfuls of noyeau, 1 tablespoonful of sugar, or to taste.

Method.—Soak and afterwards dissolve the gelatine in a little water. Add the noyeau, lemon-juice, sugar, and the cream slightly-whipped. Whisk gently until light, then turn into a mould, and set aside the preparation until it becomes firm.

Time.—About ½ an hour. Average Cost, 3*s*. Sufficient for 1 large mould.

NUT BROWN BUTTER.

INGREDIENTS.—4 ozs. of butter, 1 tablespoonful of finely-chopped parsley, 2 tablespoonfuls of vinegar, salt and pepper.

METHOD.—Cook the butter in a frying-pan until it turns brown, then add the parsley, vinegar, and salt and pepper to taste. Let the whole simmer for 1 or 2 minutes, when it is ready to serve.

TIME.—¼ of an hour. AVERAGE COST, 5*d.*

NUT SANDWICHES (Vegetarian Dish).

INGREDIENTS.—Walnuts peeled and finely chopped, mayonnaise sauce, cayenne or Krona pepper, thin slices of white or brown bread and butter.

METHOD.—Moisten the nuts with a little mayonnaise sauce, spread rather thickly on bread and butter, and sprinkle lightly with red pepper. Cover with slices of bread and butter, trim off the crusts, cut into triangles. Dish up and serve garnished with cress or parsley.

TIME.—About ½ an hour. COST, about ½*d.* per sandwich.

NUTMEGS.

Nutmegs are the seeds of the nutmeg tree, known to botanists as the *Myristica moschata.* This tree is a native of the Molucca Islands, but is now cultivated in Java, Cayenne, Sumatra, and some of the West Indian Islands. There are two kinds of nutmegs—one wild, and long and oval-shaped, the other cultivated and nearly round; the husk which surrounds the shell of the nutmeg when growing is known as mace. This familiar spice is largely used as a flavouring; but it should be added sparingly to farinaceous preparations, for its strong aromatic flavour is greatly disliked by many. Forcemeats and similar preparations containing parsley and other herbs may have a comparatively large amount of nutmeg mixed with them, and yet the flavour of the spice will be hardly perceptible. It is generally thought that the strength of the nutmeg is spent in developing the flavour of the herbs with which it is mixed.

OAT CAKES, SCOTCH.

INGREDIENTS.—2 lbs. of oatmeal, 6 ozs. of flour, 2 ozs. of sugar, ½ lb. of butter and lard, ½ oz. of carbonate of soda, ¼ oz. of tartaric acid, a little salt, milk.

METHOD.—Weigh the flour and meal on to the board, take the soda, acid, and salt, and rub these ingredients through a fine hair-sieve on to the flour and meal; then add the sugar and fat, and rub together until smooth; make a bay or hole in the centre, and work into a smooth paste with milk, taking care not to have it too dry or tight, or considerable trouble will be experienced in rolling out the cakes, as they will be found very short. Having wet the paste, take small pieces about the size of an egg, and roll these out thin and round with a small rolling-pin, dusting the board with a mixture partially of oatmeal and flour. When rolled down thin enough, take a sharp knife and cut them in four, place them on clean, flat tins, and bake in a warm oven. These cakes require very careful handling, or they will break all to pieces.

TIME.—To bake, 20 to 25 minutes. AVERAGE COST, 1*s.* SUFFICIENT for about 18 small cakes.

OATMEAL PORRIDGE.

INGREDIENTS. — Oatmeal, salt, water.

METHOD. — There are several ways of making porridge. The one generally adopted—although by no means the best—is to sprinkle the oatmeal into boiling, slightly salted water with the left hand, meanwhile stirring briskly with a wooden spoon or wooden spatula. When the porridge is thick enough, the stewpan is drawn to the side of the fire, and the contents, slowly cooked from 20 to 30 minutes, being occasionally stirred to prevent it sticking to the bottom of the pan. A better method is to soak 4 ozs. of oatmeal in 1½ pints of cold water overnight, and in the morning strain the water into a stewpan, and when boiling add the oatmeal, and salt to taste. Twenty minutes' gentle simmering will sufficiently cook it, and it must be well stirred during the process. Probably the best plan of all is to use a water-jacketed saucepan for making porridge, for it is always desirable to have oatmeal thoroughly cooked, and as the water in the outer pan obviates the necessity of frequent stirring, the porridge may, with little trouble, be cooked for 2 or 3 hours on the previous day, and re-heated when required ; a pinch of salt should always be added to the porridge. There are three varieties of oatmeal—coarse, medium, and fine ; any kind may be used for making porridge, but coarse oatmeal is generally preferred.

OATMEAL PUDDING.

INGREDIENTS.—1 tablespoonful of fine oatmeal, 1 dessertspoonful of flour, 1¼ pints of milk, 1 egg, salt.

METHOD.—Mix the oatmeal and flour smoothly with a little cold milk, boil up the remainder, and add the blended oatmeal and flour. Stir and boil gently for 5 minutes, add salt to taste, and, when cool, put in the egg. Turn the whole into a buttered piedish, bake gently for 20 minutes, and serve with cream and sugar, or golden syrup.

TIME.—40 minutes. AVERAGE COST, 4*d*. SUFFICIENT for 3 or 4 persons.

OATMEAL SCONES.

INGREDIENTS.—Cold oatmeal porridge, flour.

METHOD.—Into the cold porridge knead as much flour as will enable it to be rolled out ¾ of an inch thick. Cut in three-cornered pieces and bake on a greased griddle or in the oven. Serve hot, split, and buttered.

TIME.—To bake, from 20 to 25 minutes. AVERAGE COST, uncertain.

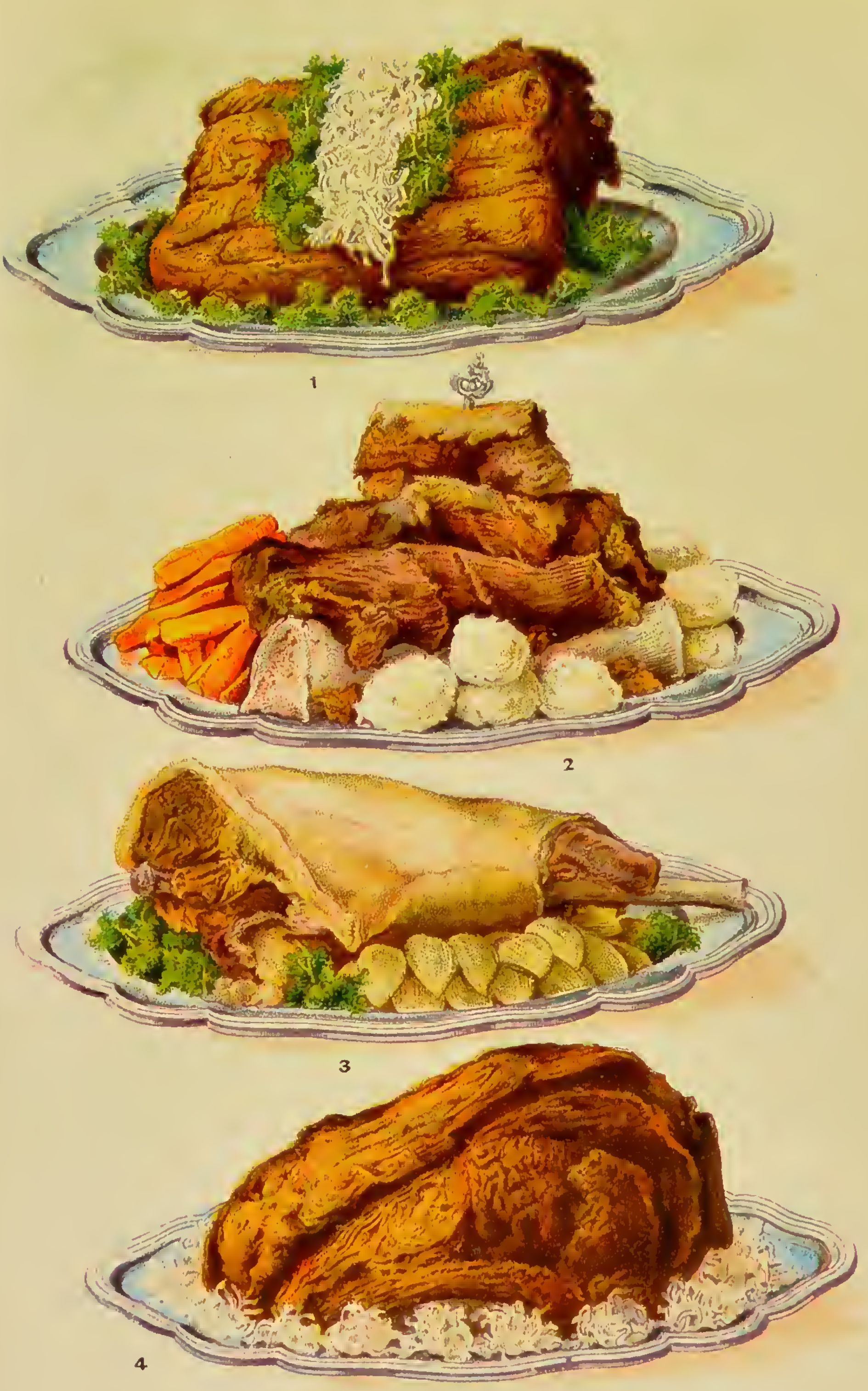
OKRA.

This plant is a native of the West Indies, although now largely cultivated in India and America. The young green pods are sometimes pickled, and the older pods are preserved in tins for export. Those imported resemble gherkins in size, but their ends form a sharper point ; their colour is lighter and less vivid in tone, and their pods contain seeds not unlike pearl barley. Okra has a peculiar flavour, often disagreeable to an unaccustomed palate, and it is exceedingly mucilaginous, the pods in the tin being surrounded by a substance of greater viscidity than gum.

OKRA, TO BOIL.

INGREDIENTS.—24 fresh okras, 2 tablespoonfuls of oiled butter, 2 tablespoonfuls of cream, salt and pepper.

METHOD.—Wash the okras in



JOINTS—1 Sirloin of Beef. 2 Boiled Beef. 3 Leg of Mutton. 4 Roast Ribs of Beef.

cold water, drain them well, and trim both ends. Place them in a saucepan containing boiling salted water, boil gently for 15 minutes, or until tender, and drain well. Make the butter and cream hot in a stewpan, put in the okras, sprinkle liberally with pepper, add a little salt, shake them over the fire for a few minutes, then serve.

Time.—½ an hour. Average Cost, uncertain.

OKRAS AND TOMATOES, SCALLOPED.

Ingredients.—¼ tin of okras, 4 tomatoes sliced, 2 tablespoonfuls of breadcrumbs, ¾ oz. of butter, ¾ oz. of flour, ½ pint of milk, salt and pepper, browned breadcrumbs or cracker crumbs, butter.

Method.—Cut the okras into small pieces, halve and quarter the slices of tomatoes, mix the two together, and add the breadcrumbs. Heat the butter in a stewpan, add the flour, stir and cook the mixture for a few minutes, then put in the milk, and stir until boiling. Season to taste, and simmer gently for 5 minutes. Place the mixture of okras and tomato in well-buttered scallop shells, sprinkle lightly with salt and pepper, and add a little sauce. Cover lightly with browned breadcrumbs or cracker crumbs, add 2 or 3 small pieces of butter, and bake in a moderately-hot oven from 10 to 15 minutes. Serve hot.

Time.—To bake the scallops, from 10 to 15 minutes. Average Cost, 10*d.* to 1*s.* Allow 1 scallop to each person. Seasonable at any time.

OKRAS (Tinned), TO SERVE AS A VEGETABLE.

Ingredients.—1 tin of okras, salt and pepper.

Method.—Turn the contents of the tin into a steel stewpan, make thoroughly hot, then drain, season with salt and pepper, and serve.

Time.—To re-heat, about 10 minutes. Average Cost, 1*s.* Sufficient for 5 or 6 persons. Seasonable at any time.

OLIVES IN JELLY.

Ingredients. — Turned olives, anchovy butter, watercress butter, croûtes of fried bread, aspic jelly, chervil.

Method.—Fill each olive with anchovy butter, and place them in small moulds previously lined with aspic jelly, and decorated with chervil. Fill the moulds with cold liquid aspic jelly, and keep on ice until firm. Meanwhile, spread each croûte rather thickly with watercress butter, and, when ready, place the moulds upon them, then serve.

Time. — Altogether, about 1½ hours. Average Cost, 1½*d.* to 2*d.* each. Allow 1 to each person. Seasonable at any time.

OMELET, PLAIN.

Ingredients.—4 eggs, 1 tablespoonful of cream or milk, 1½ ozs. of butter, salt and pepper.

Method.—Beat the eggs just long enough to mix the yolks and whites well together, and add the cream and seasoning. Melt the butter in an omelet-pan, and remove the scum as it rises. Pour in the mixture, stir with a fork until the eggs begin to set, then fold the sides towards the middle in an oblong form; or draw the mixture towards the handle of the pan, thus forming a half-moon shape. Turn over on to a hot dish, and serve quickly.

Time.—5 minutes. Average Cost, from 8*d.* to 10*d.* Sufficient for 2 persons. Seasonable at any time.

Note.—Minced cooked ham, tongue, chicken, meat, or fish may be mixed with the eggs, or if raw, fried in the batter before putting in the eggs. Such additions as sliced tomatoes, kidneys, etc., are folded inside the omelet when it is partially or completely cooked.

OMELET, HERB (*See* Sweet Omelet).

By omitting the sugar, and adding salt and pepper to taste, this mixture may form the basis of any omelet of this description; herbs should be beaten in before frying; mushrooms, tomatoes, pimentoes, kidney, fish, etc., should be cooked, divided into small pieces, and folded in the omelet just before it is removed from the pan.

OMELET, SAVOURY.

INGREDIENTS.—4 eggs, 1 tablespoonful of cream or milk, ½ a teaspoonful of finely-chopped parsley, ⅛ of a teaspoonful of finely-chopped shallot or onion, a pinch of mixed herbs, salt and pepper, 1½ ozs. of butter.

METHOD.—Beat the eggs until light, add the cream or milk, parsley, shallot, and herbs, and season with salt and pepper. Melt the butter in an omelet-pan, pour in the mixture, stir with a fork until the eggs are on the point of setting; then, with a spoon, draw it quickly towards the handle of the pan in the shape of a crescent. Turn over on to a hot dish, and serve as quickly as possible.

TIME. — 5 minutes. AVERAGE COST, 8*d.* to 10*d.* SUFFICIENT for 2 persons. SEASONABLE at any time.

OMELET SOUFFLÉ.

INGREDIENTS.—3 whites of eggs, 2 yolks of eggs, 1½ ozs. of castor sugar, ¼ oz. of flour, 1 tablespoonful of warmed jam, ¼ of a teaspoonful of vanilla essence, butter.

METHOD.—Work the yolks of the eggs and the sugar together until creamy, stir in the flour and vanilla essence, and lastly, and very lightly, the stiffly-whisked whites of eggs. Pour half the mixture into a well-buttered soufflé-dish, place in jam, and the remainder of the mixture, and bake in a quick oven for about 15 minutes. Turn it on to a paper, dredge with vanilla sugar to serve, and send to table in the dish in which it is baked.

TIME.—From 25 to 30 minutes. AVERAGE COST, 8*d.* SUFFICIENT for 3 persons.

Note.—The use of flour is not essential.

OMELET SOUFFLÉ (Another Method).

INGREDIENTS.—2 eggs, ½ oz. of butter, 1 tablespoonful of castor sugar, a few drops of vanilla essence or other flavouring, 1 tablespoonful of warmed jam.

METHOD.—Cream the yolks of the eggs and sugar well together, and add the flavouring. Whisk the whites of the eggs to a stiff froth, and mix them as lightly as possible with the yolks, etc. Have the butter ready heated in an omelet-pan, remove any scum which may have risen, and pour in the preparation. Cook over a quick fire until it sets, then put it into a hot oven to finish cooking. Turn it on to a hot dish, place the jam in the centre, fold over, dredge with castor sugar, and serve as quickly as possible.

TIME.—About 20 minutes. AVERAGE COST, 5*d.* SUFFICIENT for 2 persons.

OMELET SOUFFLÉ, CHOCOLATE.

INGREDIENTS.—1 tablespoonful of finely-grated chocolate, 5 whites of eggs, 3 yolks of eggs, 2 ozs. of castor sugar, a few drops of essence of vanilla.

Method.—Cream the sugar and yolks of eggs well together, add the chocolate, vanilla, and lastly the very stiffly-whisked whites of eggs. Turn into a soufflé-pan coated with clarified butter, bake in a moderately hot oven, dish up, and served dredged with castor sugar.

Time.—To bake, from 10 to 12 minutes. Average Cost, 10*d.* Sufficient for 3 or 4 persons.

OMELET, SWEET.

Ingredients.—4 fresh eggs, 1 tablespoonful of cream or milk, 1 oz. of fresh butter, 1 teaspoonful of castor sugar, a pinch of salt.

Method. — Beat the eggs well, and add the salt, sugar, and cream or milk. Heat the butter in an omelette pan, then pour in the eggs; stir with a spoon or fork until they begin to set, and fold towards the side of the pan in the form of a crescent. Cook for 1 minute longer, then turn on to a hot dish, dredge with castor sugar, and serve as quickly as possible.

Time.—6 or 8 minutes. Average Cost, 8*d.* Sufficient for 2 or 3 persons.

Note.—Variety may be introduced by adding a little warm jam or fruit-purée; it should be spread lightly in the centre of the omelet just before it is folded over.

OMNIBUS PUDDING.

Ingredients.—3 ozs. of flour, 3 ozs. of finely-chopped suet, 3 ozs. of stoned raisins, 2 ozs. of golden syrup warmed, ¼ pint of milk.

Method.—Mix all the ingredients thoroughly together, pour into a well-buttered basin, and steam for 2 hours. Serve with a suitable sauce.

Time.—2½ hours. Average Cost, 4½*d.* Sufficient for 3 or 4 persons.

ONION PUDDING (Vegetarian Dish).

Ingredients.—8 ozs. of flour, 2 ozs. of breadcrumbs, 3 or 4 ozs. of butter (1 tablespoonful of olive-oil may be substituted), 1 teaspoonful of baking-powder, 1 saltspoonful of salt, water. For the mixture: 3 or 4 large mild onions, 2 tablespoonfuls of breadcrumbs, ¼ of a teaspoonful of sage, salt and pepper, 1 or 2 ozs. of butter.

Method.—Cut the peeled onions into small dice, place them in a piedish with the breadcrumbs, butter, sage, and season with salt and pepper, cover closely, and bake gently for 1 hour. Rub the butter into the flour and breadcrumbs, add the baking-powder and salt, and sufficient water to form a rather stiff paste. Line a basin with the paste, put in the mixture when cool, cover with paste, and afterwards with 2 or 3 folds of greased paper, and steam for 2 hours. Serve in the basin, and send brown sauce to table separately.

Time.—About 3½ hours. Average Cost, 1*s.* Sufficient for 3 or 4 persons.

ONION SALAD.

Ingredients.—Large mild onions, finely-chopped parsley, pepper and salt, oil, vinegar.

Method.—Peel the onions, cover them with cold water, bring to boiling point, and drain. Let them remain in cold water for 6 or 7 hours, changing the water repeatedly. Slice thinly, season with salt and pepper, moisten slightly with vinegar, and more liberally with oil, sprinkle lightly with parsley, then serve.

ONION SAUCE.

Ingredients.—½ pint of milk, 2 tablespoonfuls of cream, 1 oz. of butter, ¾ oz. of flour, 2 onions (about ½ lb.), salt and pepper.

METHOD.—Peel the onions, put them into cold water, bring to the boil, and strain. Return to the saucepan with ½ a teaspoonful of salt and sufficient boiling water to cover them, and boil until tender (about 1 hour). When the onions are sufficiently cooked they must be well drained and chopped coarsely. Melt the butter in a saucepan, stir in the flour, and cook for 2 or 3 minutes, then add the milk and stir until it boils. Add the onion to it, season to taste, simmer for a few minutes, then stir in the cream, and serve.

TIME.—1½ to 1¾ hours. AVERAGE COST, 4*d*. to 5*d*.

ONION SOUP.

INGREDIENTS.—2 pints of water, 1½ pints of milk, 3 Spanish onions, ½ a turnip, 2 strips of celery, 1 oz. of butter, 1 oz. of flour, the yolks of 2 eggs, salt, pepper, and bay-leaf, a blade of mace.

METHOD.—Cut the turnip and celery into small pieces, peel the onions, put them into cold water, bring to the boil, cook for 10 minutes, then drain and chop coarsely. Put 2 pints of boiling water into the stewpan, add the onions, celery, turnip, bay-leaf, mace, salt and pepper, and simmer until tender (about 1 hour). Rub through a fine sieve, return to the saucepan, add the milk, and when boiling stir in the flour and butter, previously kneaded together. Simmer a few minutes to cook the flour, then let the soup cool slightly. Beat the yolks of the eggs with a little milk, pour them into the soup, and stir until they thicken. Season, and serve with fried or toasted croûtons of bread.

TIME.—About 1½ hours. AVERAGE COST, 8*d*. or 9*d*. SUFFICIENT for 5 or 6 persons. SEASONABLE in winter.

ONIONS.

This bulb, the *Alium cepa*, which is the most common, but, at the same time, the most popular of this class of vegetable, differs widely as regards size and flavour. The smaller varieties are the more powerful, while the larger species, like the Spanish, are mild and sweet. A mild flavour of onion is generally liked, but the objection to its use is the odour left on the palate. This may be obviated in some measure by parboiling them before adding them to any preparation, the objectionable matter being more effectually removed by changing the water two or three times during the process.

ONIONS, BURNT, FOR GRAVIES.

INGREDIENTS.—½ lb. of onions coarsely chopped, ½ lb. of moist sugar, ½ pint of water, ¾ pint of vinegar.

METHOD.—Place the onions and water in a steel stewpan, let them boil for 5 or 6 minutes, then add the sugar, and simmer gently until the preparation becomes nearly black. Have the vinegar ready boiling, pour it into the stewpan, stir until well mixed, then strain, and when cold, bottle for use. This browning must be used very sparingly, or it will impart a disagreeable taste. When colouring alone is required, it is safer to use caramel, recipes for which will be found under that name.

ONIONS, PICKLED.

INGREDIENTS.—Pickling onions; to each quart of vinegar add 2 teaspoonfuls of allspice, 2 teaspoonfuls of whole black pepper.

METHOD. — Have the onions gathered when quite dry and ripe, and, with the fingers, take off the thin outside skin; then with a silver knife (steel should not be used, as it spoils the colour of the onions), remove one more skin, when the onions will look quite clear. Have ready some very dry bottles or jars, and as fast as the onions are peeled put them in. Pour over sufficient cold vinegar to cover them, with pepper and allspice in the above proportions, taking care that each jar has its share of the latter ingredients. Tie down with the bladder, and put them in a dry place, and in a fortnight they will be ready for use.

ONIONS, PICKLED (Another Method).

INGREDIENTS. — Silver onions, white wine vinegar to cover.

METHOD. — Remove the skins, throw the onions a few at a time into a saucepan of boiling water, taking care to have no more than will form a single layer floating on the surface of the water. As soon as the onions look clear on the outside take them up as quickly as possible with a slice, fold them in a clean dry cloth, so as to keep in the steam, and allow them to remain closely covered until the whole have been scalded. Let the onions be until quite cold, then put them into bottles or jars, and pour over them the vinegar, which should previously have been boiled and allowed to cool slightly. When cold, cover closely, and store in a cool, dry place.

ONIONS, ROASTED.

INGREDIENTS.—Onions, either red or yellow.

METHOD. — Top and tail the onions, but do not skin them. Put them into a saucepan containing sufficient boiling salted water to cover them, boil gently until nearly done, then drain and dry thoroughly. Place the onions in a tin, or in a Dutch oven, in front of a clear fire, and roast them for 15 or 20 minutes, turning them frequently. Serve as a garnish to roast fowl.

TIME. — To boil the onions, about 1 hour. AVERAGE COST, 2*d.* per lb. SEASONABLE at any time.

ONIONS, SPANISH, BAKED.

INGREDIENTS.—4 or 5 Spanish onions, salt, and water.

METHOD.—Put the onions, with their skins on, into a saucepan of boiling water, slightly salted, and let them boil quickly for 1 hour. Then take them out, wipe them thoroughly, wrap each one in a piece of buttered paper, and bake them in a moderate oven for 2 hours, or longer, should the onions be very large. They may be served in their skins, and eaten with a piece of cold butter and a seasoning of pepper and salt; or they may be peeled, and a good brown gravy poured over them.

TIME.—From 1 to 1½ hours to boil; 2 hours to bake. AVERAGE COST, 2*d.* per lb. SUFFICIENT for 4 or 5 persons. SEASONABLE from October to April.

ONIONS, SPANISH, BOILED.

INGREDIENTS.—Spanish onions, white sauce, salt and pepper.

METHOD.—Peel the onions, put them into cold water, bring to the boil, and strain. Have ready a saucepan of boiling water, add to it a teaspoonful of salt, put in the onions, and boil gently from 1½ to 2 hours, according to size. Or they may be steamed, in which case about ½ an hour longer must be allowed. Serve with the white sauce poured over them.

TIME.—From 1¾ to 2¼ hours. AVERAGE COST, 2*d.* to 3*d.* per lb. SEASONABLE from October to April.

ONIONS, SPANISH, STEWED.

INGREDIENTS.—4 or 5 medium-sized Spanish onions, 1 pint of brown stock or gravy.

METHOD.—Peel and trim the onions, cover them with cold water, bring to the boil, and strain. Select a stewpan large enough to allow the onions to stand side by side, put in the stock, cover closely, and simmer gently from 1 to $1\frac{1}{2}$ hours. Serve in a hot vegetable dish with the gravy poured round.

TIME.—From $1\frac{1}{2}$ to 2 hours. AVERAGE COST, *2d.* to *3d.* per lb. SEASONABLE from October to April.

ONIONS, SPANISH, STUFFED.

INGREDIENTS.—6 or 8 rather small Spanish onions, 4 tablespoonfuls of finely-chopped liver or raw meat (cooked meat of any kind may be used instead), 1 tablespoonful of parboiled finely-chopped onion, 1 tablespoonful of bread-crumbs, $\frac{1}{2}$ a teaspoonful of powdered sage or mixed herbs, 1 egg, salt and pepper, $\frac{3}{4}$ pint of brown sauce.

METHOD.—Skin and parboil the onions, then with a round cutter or small knife remove the centre part. Mix all the ingredients, except the brown sauce, together, fill the onions with the preparation, baste them well with hot butter or dripping, and bake in a moderate oven from 30 to 40 minutes, basting frequently. Serve with the sauce poured over.

TIME.—From $1\frac{1}{4}$ to $1\frac{1}{2}$ hours. AVERAGE COST, *1s.* to *1s. 2d.* SUFFICIENT for 6 or 7 persons. SEASONABLE from October to April.

ORANGE BRANDY.

INGREDIENTS.—2 quarts of French brandy, $\frac{3}{4}$ pint of orange-juice, the rind of 6 oranges, $1\frac{1}{4}$ lbs. of loaf sugar.

METHOD.—Remove the rinds of 6 oranges as thinly as possible, mix the strained orange-juice and brandy together, add the prepared rinds and sugar, and turn the whole into a wide-necked bottle. Cork closely, shake it 2 or 3 times daily for 10 days, then strain into small bottles, and store for use.

ORANGE COMPOTE

(*See* **Compote of Fruit**).

ORANGE CREAM.

INGREDIENTS.—1 good orange, 2 tablespoonfuls of apricot marmalade, vanilla cream.

METHOD.—Make the cream as directed, but omit the vanilla flavouring, add the strained juice of the orange, the rind finely grated, and the marmalade well reduced. Pour into a prepared mould, and place on ice until set.

TIME.—From $1\frac{1}{4}$ to $1\frac{1}{2}$ hours. AVERAGE COST, *2s.* to *2s. 6d.* SUFFICIENT for 6 or 7 persons.

ORANGE CUSTARD.

INGREDIENTS.—4 oranges, 4 ozs. of loaf sugar, 4 eggs, $\frac{1}{4}$ pint of cream, candied orange-peel.

METHOD.—Place the sugar, very thinly-cut rinds and juice of the oranges in a basin, and add $1\frac{1}{2}$ pints of boiling water. Let these ingredients remain covered for 2 hours, then strain into a stewpan, and bring nearly to boiling point. Add the beaten eggs, and stir by the side of the fire until they thicken. When cool, pour into custard-glasses, and when quite cold, pile the stiffly-whipped cream on the top, and garnish with fine strips of candied orange-peel.

TIME.—From 3 to $3\frac{1}{2}$ hours. AVERAGE COST, *1s. 6d.* to *1s. 9d.* SUFFICIENT for 6 or 7 persons. SEASONABLE from November to August.

ORANGE DROPS.

Ingredients.—2 lbs. of loaf sugar, 1 pint of water, 3 or 4 oranges, saffron.

Method.—Rub some of the sugar on the oranges to obtain the zest. Boil all the sugar and the water to the "small crack" (*see* Sugar to Boil), and add a little saffron. Cool slightly, then pour on to an oiled slab, mark off into small squares, and break them asunder when cold. Or, use a sugar boiler with a spout, and drop the preparation in small pieces; this process may be aided by using an oiled wire or knife. Let the drops remain in a drying closet for about 2 hours, and afterwards store them in an air-tight box.

ORANGE FLOAT.

Ingredients.—1 pint of cream, sweetened and stiffly whipped, 2 whites of eggs, 3 tablespoonfuls of orange pulp, castor sugar.

Method.—Beat the whites of eggs and orange pulp together until light, and sweeten to taste. Spread the whipped cream lightly at the bottom of a glass dish, and drop spoonfuls of the egg mixture on the surface, making each small pile as rocky as possible.

Time.—About ½ an hour. Average Cost, 2*s.* 3*d.* to 2*s.* 6*d.* Sufficient for 1 large dish.

ORANGE FRITTERS.

Ingredients.—4 or 5 oranges, castor sugar, frying-fat, frying-batter (*see* Apple Fritters).

Method.—Prepare the batter as directed. Remove the peel and pith from the oranges, and divide them into pieces containing 2 or 3 sections, according to size. Dip them in the batter, fry in hot fat until golden-brown, and drain well. Dredge with castor sugar, and serve as quickly as possible.

Time.—To fry the fritters, about 15 minutes. Average Cost, 6*d.* to 8*d.* Sufficient for 6 or 7 persons.

ORANGE ICE CREAM.

Ingredients. — 1½ pints of custard (*see* Custard for Cream Ices), 3 oranges, 2 ozs. of loaf sugar, saffron-yellow colouring, carmine.

Method.—Prepare the custard according to directions given. Remove the outer yellow part of 2 oranges by rubbing them with the lumps of sugar, which afterwards must be dissolved in 1 tablespoonful of warm water. Mix with the strained juice of the oranges; when cool stir into the custard, and add the carmine and saffron-yellow, until the desired colour is obtained. Freeze in the usual way.

Time.—From 40 to 45 minutes. Average Cost, 1*s.* to 2*s.* 6*d.* Sufficient for 7 or 8 persons.

ORANGE JELLY.

Ingredients.—1 pint of orange-juice (strained), 1 pint of boiling water, 2 ozs. of loaf sugar, 1¾ ozs. of gelatine, the juice of 2 lemons, the thinly-cut rind of 2 oranges.

Method.—Put the water, gelatine, sugar, and orange-rinds into a stewpan, bring to the boil, and let the mixture stand by the side of the fire for about 10 minutes. Have the strained orange and lemon-juice ready in a basin, add the contents of the stewpan, pouring them through a piece of muslin or a strainer. When cool, pour into a mould rinsed with cold water. This jelly is never cleared, as it spoils the flavour.

Time.—About 40 minutes. Average Cost, 1*s.* Sufficient for 1 quart of jelly. Seasonable from November to August.

ORANGE MOULD.

INGREDIENTS.—4 oranges, ¾ pint of milk (about), 3 ozs. of sugar, ½ oz. of gelatine.

METHOD.—Remove the orange-rind as thinly as possible, and cut it into fine strips. Strain the orange-juice, mix with it milk to increase the quantity to exactly 1 pint, and add the gelatine and sugar. Soak for 2 hours, then bring gently to boiling point, and simmer for 2 or 3 minutes. Add more sugar if necessary, and pour into a wetted mould.

TIME.—About 3 hours. AVERAGE COST, 8*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE from November to August.

ORANGE PUDDING.

INGREDIENTS.—4 oranges, 3 ozs. of castor sugar, 3 ozs. of cake-crumbs, or crumbled sponge cakes, 3 eggs, ½ pint of milk, salt, nutmeg, short crust paste.

METHOD.—Remove the rind of 1 orange in exceedingly thin strips, place them in a stewpan with the milk, and bring to boiling point. Let the preparation infuse for about 20 minutes, then pour it over the cakecrumbs, add the sugar, a pinch of salt, a sprinkling of nutmeg, the well-beaten eggs, and the juice of the oranges. Have ready a piedish with the edges lined as directed in the recipe for Apple Amber, pour in the preparation, and bake in a moderate oven for about ½ an hour. Dredge with castor sugar, and serve either hot or cold.

TIME.—About 1 hour. AVERAGE COST, 10*d.*, exclusive of the paste. SUFFICIENT for 5 or 6 persons.

ORANGE SAUCE (SAVOURY).

INGREDIENTS. — 1 Seville orange, ½ pint of Espagnole sauce, ½ pint of good stock, 1 teaspoonful of lemon-juice, 1 glass of port wine, cayenne, salt.

METHOD.—Remove the rind from half the orange, and cut it in very thin shreds. Boil these in water for 5 minutes. Put the sauce and stock into a stewpan with the juice of ½ the orange, and reduce to half quantity. Strain, add all the other ingredients, boil, skim, add the shreds of orange rind, and serve.

TIME.—25 to 30 minutes. AVERAGE COST, 1*s.* 4*d.*

ORANGE SAUCE (SWEET).

INGREDIENTS.—¾ pint of milk, 1 glass of Curaçoa, 2 yolks of eggs, 2 ozs. of castor sugar, 1 small orange.

METHOD.—Boil the milk, add the sugar, the grated orange-rind, and a tablespoonful of orange-juice, simmer for 5 minutes, then cool slightly. Beat the eggs with a little milk, pour them into the saucepan, stir until they begin to thicken, then add the Curaçoa, and serve.

TIME.—About ½ an hour. AVERAGE COST, 7*d.* to 8*d.* for this quantity.

ORANGE SORBET

(*See* **Lemon Sorbet**).

Using 8 oranges and 2 lemons instead of 8 lemons and 2 oranges.

ORANGE SOUFFLÉ.

INGREDIENTS.—1 orange, 3 ozs. of cake-crumbs, 3 ozs. of bread-crumbs, 2 ozs. of castor sugar, 1 oz. of butter, 2 eggs, ¾ pint of milk, ½ a small glass of noyeau, a few glacé cherries.

METHOD.—Boil the milk, pour it over the crumbs, and let them soak while the other ingredients are being prepared. Cream the butter and sugar as usual, add the yolks and 1 white of egg, and beat well. Now add ½ the rind of the orange, grated or finely chopped, a dessertspoonful of orange-juice, noyeau, and the cakecrumbs. Turn the mixture into a buttered soufflé-dish, and bake from 25 to 30 minutes in a moderately hot oven. Have ready the remaining white whisked to a stiff froth, spread it lightly over the surface of the soufflé, dredge with castor sugar, and garnish with the cherries. Replace in the oven until the meringue acquires a little colour, and serve.

TIME.—To bake, from 35 to 40 minutes. AVERAGE COST, 1s. SUFFICIENT for 5 or 6 persons.

ORANGE SPONGE.

INGREDIENTS.—¾ pint of orange-juice, 2 whites of eggs, sugar to taste, ½ oz. of gelatine.

METHOD.—Soak and afterwards dissolve the gelatine in a little boiling water, add the orange-juice and sweeten to taste. When cold, add the whites of eggs, whisk until light, and either mould or serve piled on a dish (*see* Lemon Sponge). Raspberry sponge may be made by substituting the strained juice of fresh raspberries for the orange-juice.

TIME.—About 40 minutes. AVERAGE COST, 9*d*. to 1s. SUFFICIENT for 1 dish or large mould.

ORANGE SYRUP.

INGREDIENTS.—½ pint of orange-juice, the rind of 2 oranges, ¾ lb. of castor sugar.

METHOD.—Remove the rind in VERY thin strips; they should be almost transparent. Put the sugar, orange-juice, and rind into a saucepan, and simmer very gently for about ½ an hour. Remove the scum as it rises. Strain, and when cold, bottle for use. A little of this will be found an excellent flavouring for sweet sauces and custard.

TIME.—From 40 to 50 minutes. AVERAGE COST, 6*d*. to 8*d*.

ORANGE TARTLETS.

INGREDIENTS.—2 good oranges, 3 ozs. of butter, 3 ozs. of sugar, 3 yolks of eggs, 1 white of egg, ½ a teaspoonful of vanilla essence, short crust paste.

METHOD.—Remove the rinds of the oranges as thinly as possible, and chop them finely. Cream the butter and sugar well together, beat each yolk in separately, add 2 tablespoonfuls of orange-juice, the orange rind and vanilla essence. Whisk the white of egg stiffly, add it lightly to the rest of the ingredients, and pour the mixture into the tartlet moulds, previously lined with paste. Bake from 15 to 20 minutes in a moderate oven, and when three-quarters baked, dredge them well with castor sugar.

TIME.—30 to 40 minutes. AVERAGE COST, 8*d*., exclusive of the paste. SUFFICIENT for 9 or 10 tartlets.

ORANGE WINE.

INGREDIENTS.—The juice of 50 Seville oranges, 15 lbs. of loaf sugar, 4 gallons of water, the whites and shells of 3 eggs, 1 pint of French brandy, 3 tablespoonfuls of brewer's yeast.

METHOD.—Dissolve the sugar in the water, add the whites and crushed shells of the eggs, bring to the boil, and simmer gently for 20 minutes. Let it stand until nearly cold, then strain through a jelly-bag, add the strained orange-juice and yeast, and leave the vessel covered for 24 hours. Pour into a cask, bung loosely until fermentation subsides, then tighten the bung, and allow the cask to remain undisturbed for 3 months. At the end of this time rack it off into another cask, add the brandy, let it remain closely bunged for 12 months, then bottle for use.

ORANGEADE.

Ingredients.—The juice of 15 oranges, the rind of 3 oranges, 2 quarts of water, ¾ lb. of loaf sugar, crushed ice.

Method.—Remove the peel of 3 oranges as thinly as possible, add it and the sugar to 1 pint of water, then simmer gently for 20 minutes. Strain the orange-juice into a glass jug, and add the remaining 3 pints of water. As soon as the syrup is quite cold strain it into the jug, add a handful of crushed ice, and serve at once.

ORANGES FILLED WITH JELLY.

Ingredients.—Oranges, jelly of 2 or 3 colours.

Method.—The rind of each orange must be shaped in the form of a cup with a narrow handle across the top. Remove half the rind of each orange, except that part which forms the handle, by means of a sharp knife, and scoop out the pulp. When an ornamental dish is required, cut the edge of both cup and handle into points, or some other design. Fill the cups with jelly, decorate the light jelly with pistachio nuts or angelica, and the dark jelly with shredded almonds, or, if preferred, use whipped cream as a garnish.

Average Cost.—3*d*. to 4*d*. each. Allow 1 to each person.

ORTOLANS, ROASTED.

Ingredients.—Ortolans, toast, bacon, bay-leaves or vine-leaves, butter for basting, brown gravy, fried breadcrumbs, watercress.

Method. — Remove the head, neck, and crop, but let the trail remain. Truss for roasting, brush over with warm butter, cover the breast of each bird with a vine-leaf or bay-leaf, and tie over them thin slices of bacon. Attach them to a long steel skewer, running it through the body of each bird, and roast them in front of a quick fire for about 10 minutes. Baste the birds almost continuously with hot butter, and put the toast under them to catch the drippings from the trail. When cooked, remove the skewers and strings, but, if liked, the bacon may remain and be brushed over with warm glaze. Serve the birds on the toast, garnish with watercress, and send the gravy and breadcrumbs to table separately.

Time.—20 minutes. Average Cost, 1*s*. 6*d*. each. Seasonable from March to May.

OX-CHEEK MOULD.

Ingredients.—Cooked ox-cheek. To 1 lb. allow ¼ lb. of cooked tongue, ham, or bacon, 3 hard-boiled eggs, 1 teaspoonful of finely-chopped parsley, the grated rind of ½ a lemon, ¼ of a teaspoonful of powdered mixed herbs, ½ pint of liquor in which the cheek was cooked, 3 or 4 sheets of gelatine, salt and pepper.

Method.—Cut the cheek and tongue or ham, into small pieces, cut the eggs into slices or sections, and arrange some of them in a pattern on the bottom, and round the sides of a plain mould or basin. Mix the parsley, lemon-rind, herbs, salt and pepper together. Cover the bottom of the decorated mould with a thick layer of ox-cheek, on the top of it place a thin layer of bacon, add a few slices of egg, and sprinkle well with the flavouring mixture. Repeat until the mould is full, pour in a little warm stock in which the gelatine has previously been dissolved, cover with a greased paper, stand in a tin containing water, and bake for 1¼ hours in a moderate oven. Pour in the remainder of the stock, and when cold turn out and garnish with parsley.

TIME.—To cook, from 1 to 1½ hours. AVERAGE COST, *8d.*, exclusive of the ox-cheek.

OX-CHEEK SOUP.

INGREDIENTS.—5 quarts of water, 1 ox-cheek, 2 onions, 2 carrots, 1 turnip, 1 strip of celery, a bouquet-garni (parsley, thyme, basil, marjoram, bay-leaf), 12 peppercorns, 4 cloves, 2 blades of mace, 2 ozs. of butter, 2 ozs. of flour.

METHOD.—Soak the cheek in salt and warm water for 5 or 6 hours, changing it 2 or 3 times. Prepare the vegetables and cut them into thick slices, melt the butter in a large stewpan, add the vegetables to it, and fry until brown. Well wash the ox-cheek, break the bones into small pieces, and put them into the stewpan; also put in the herbs, seasonings, meat, and water. Bring slowly to the boil, skim well, put on the cover and simmer gently for 3 hours, or according to the size of the cheek; strain, return the soup to the saucepan, and bring to the boil. Mix the flour smoothly with a little cold water or stock, pour it into the soup, stir and simmer for 5 or 6 minutes. Cut the smaller pieces of meat into dice and add them to the soup, also cut a few dice of cooked celery and carrot. Season to taste, and serve.

TIME.—About 4 hours. AVERAGE COST, *2s. 6d.* SEASONABLE in winter. SUFFICIENT for 12 persons.

OX-CHEEK, STEWED.

INGREDIENTS.—1 ox-cheek, 2 ozs. of butter, 2 ozs. of flour, 2 onions, 2 small carrots, 1 turnip, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, 2 cloves, a glass of sherry, if liked 1 teaspoonful of lemon-juice, salt and pepper.

METHOD.—Wash the cheek in several waters, remove the splintered bones, if any, and soak for at least 12 hours in salt and water, changing the water 2 or 3 times. When sufficiently soaked, wash it well in warm water, put into a boiling pot, cover with cold water, bring to the boil, and skim well. Now add the vegetables cut into thick slices, peppercorns, cloves, bouquet-garni, and a heaped teaspoonful of salt, and cook slowly for about 4 hours, or until the bones may be easily removed. Have ready the brown roux (or thickening), made by frying the butter and flour together until they acquire a nut-brown colour, strain on to it rather more than 1 pint of liquor from the boiling pan, stir until it boils, and simmer for at least 10 minutes. In the meantime bone the cheek, and cut it into pieces convenient for serving. Add the sherry and lemon-juice, to the sauce, season to taste, put in the slices of cheek, and, when hot, serve. The dish may be garnished with dice or julienne strips of turnip and carrot cooked separately. The liquor in which the cheek has been cooked makes excellent soup.

TIME.—To cook, 4½ to 5 hours. AVERAGE COST, *2s. 6d.* SUFFICIENT for 7 or 8 persons.

OX-CHEEK, STUFFED.

INGREDIENTS.—1 ox-cheek, veal forcemeat, 2 ozs. of butter, 2 ozs. of flour, 2 onions, 2 small carrots, 1 turnip, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, 2 cloves, salt and pepper, 1 egg, browned bread-crumbs.

METHOD.—Prepare and cook the cheek as directed in recipe for "Ox-cheek, Stewed." As soon as the bones can be easily separated from the meat, take the cheek out of the boiling pot, remove the bones, flatten the cheek on the table, season it well with salt and pepper, spread on the forcemeat, roll up tightly and bind securely with string. Coat the rolled cheek thickly with egg and browned breadcrumbs, and bake in a moderate oven for 1½ hours, basting frequently with hot fat. Fry the butter and flour together until a brown roux (or thickening) is formed, strain on to it 1 pint of liquor from the boiling pot, stir until boiling, simmer for about ½ an hour, then season to taste, and when ready to serve strain it into a sauce-boat. If liked, the dish may be garnished with small rolls of fried bacon and slices of lemon.

Time.—From 4 to 4½ hours. Average Cost, 2*s.* 6*d.* to 3*s.* Sufficient for 7 or 8 persons.

OXFORD JOHN.

Ingredients.—Thin slices off a well-hung leg of mutton, 2 ozs. of butter, ¾ oz. of flour, ½ pint of good gravy or stock, 1 tablespoonful of finely-chopped ham or bacon, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of finely-chopped shallot or onion, ½ a teaspoonful of powdered mixed herbs, salt and pepper, 1 teaspoonful of lemon-juice.

Method.—Cut the meat into rounds about 3 inches in diameter, and season well with salt and pepper. Mix the ham, parsley, shallot, herbs, and a little salt and pepper together, spread the mixture on one side of the meat, and pile the pieces one above the other. Let them remain for at least 1 hour, then separate them and fry quickly in hot butter. Remove and keep them hot, sprinkle in the flour, which the butter should completely moisten, otherwise more must be added, brown well, and add the stock. Stir until boiling, season to taste, add the lemon-juice, and replace the meat. Let the stewpan stand for 10 or 15 minutes, where the contents will be kept just below simmering point, then serve.

Time.—Altogether, about 2 hours. Average Cost, 10*d.* to 1*s.* per lb. Allow 1 lb. for 3 or 4 persons. Seasonable at any time.

OX-LIVER, ROASTED.

Ingredients.—2 lbs. of liver, ¼ lb. of fat bacon, salt and pepper, flour.

Method.—Wash and dry the liver, place it in a deep baking-dish, surround it to half its depth with hot water, and cover with slices of bacon. Bake gently for 1½ hours, basting well, and dredging frequently with flour highly seasoned with salt and pepper, during the process. (The bacon may be cut into dice and served as a garnish, in which case it must be kept covered with two or three thicknesses of greased paper while cooking, otherwise it will become too crisp).

Time. — 1½ hours. Average Cost, 1*s.* 2*d.* to 1*s.* 4*d.* Sufficient for 5 or 6 persons. Seasonable at any time.

OX-PALATES, STEWED.

Ingredients.—4 ox-palates, 1½ pints of stock, 1½ ozs. of butter, 1½ ozs. of flour, 1 onion, 1 small carrot, ½ a small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, salt.

Method.—Soak the palates for several hours in salt and water, and press them frequently with the fingers to draw out the mucus. Wash well in 2 or 3 waters, then put the palates into a stewpan with cold water to completely cover them, heat gradually, and, before the water boils, drain, and scrape off the rough skin which covers one side, leaving them white and clear. If the water is allowed to boil this skin is removed with great difficulty. Replace the palates in the stewpan, add the stock, herbs, peppercorns, sliced vegetables, and salt, and simmer gently for 4 hours. Press between 2 dishes until cold, then cut into 2-inch squares. Fry the butter and flour in a stewpan until a brown roux is formed, strain on to it the stock in which the palates were cooked (if reduced to less than ¾ pint, add more to make up this quantity), put in the pieces of palate, and, when hot, serve garnished with fancifully-cut vegetables.

Time.—20 minutes after the palates are cooked. Average Cost, 2*s*.

Note.—The palates, after being either braised or stewed until tender, and pressed until cold, may be marinaded (soused in brine), and, after being drained, dipped in butter coated with egg and breadcrumbs and fried, cut into rounds, re-heated, glazed, and dished alternately with slices of cooked tomato, or stuffed with meat farce, and dressed as olives.

OX-TAIL, BROILED.

Ingredients.—2 tails, 1½ pints of stock, 1 egg, breadcrumbs, salt and pepper, piquante sauce or good gravy, oiled butter or salad-oil.

Method.—Wash and dry the tails, and divide them at the joints. Put them into a stewpan with the stock, which should be highly flavoured, otherwise vegetables and herbs must be added. Simmer gently for 2½ hours, then drain and put aside until cold. When ready, coat carefully with egg and breadcrumbs, dip into oiled butter or salad-oil, and broil over a clear fire. Serve with sauce or gravy. Cold remains may be utilized in this manner.

Time.—To stew, 2½ hours; to broil, 10 minutes. Average Cost, 1*s*. 8*d*. to 2*s*. 6*d*. Sufficient for 6 or 7 persons. Seasonable at any time.

OX-TAIL SOUP.

Ingredients.—1 ox-tail, 2 quarts of second stock or water, 2 onions, 2 carrots, 1 turnip, 2 strips of celery, 2 ozs. of butter, 2 ozs. of lean ham or bacon (cut into dice or cubes), a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, 2 cloves, salt, 1 glass of sherry, 1 tablespoonful of cornflour.

Method.—Cut the tail into small joints, put it into a stewpan, cover with cold water, boil up and strain. Dry the pieces of ox-tail, roll them in flour, put them with the ham and sliced vegetables and butter into the stewpan, and fry until brown. Then add the stock, herbs peppercorns, cloves, and salt, boil and skim well. Put on the lid and cook very gently for about 4 hours. Strain, remove the fat, return to the stewpan, and when the soup boils add the sherry and cornflour smoothly mixed together, stir and cook for a few minutes. Serve the smaller pieces of the tail in the soup, the remainder may be re-heated in a good brown sauce and served as an entrée.

Time.—5½ to 6 hours. Average Cost, 2*s*. 9*d*. without the stock. Seasonable at any time. Sufficient for 6 persons.

OX-TAIL SOUP (Tinned) (*See* Mock Turtle Soup).

Omit the forcemeat balls and lemon-juice, and substitute a tin of ox-tail for the ½ tin of calf's head.

OX-TAIL, STEWED.

Ingredients.—1 ox-tail, 2 ozs. of butter, 1½ ozs. of flour, 1 pint of stock or water, a bouquet-garni (parsley, thyme, bay-leaf), 2 cloves, 1 blade of mace, 1 sliced onion, 1 tablespoonful of lemon-juice, salt and pepper.

METHOD.—Wash the tail, cut it into pieces about 1½ inches long, and divide the thick parts in half. Make the butter hot in a stewpan, dry the pieces of tail thoroughly, and fry them brown in the butter. Take them out of the stewpan, put in the sliced onion and flour, fry until well browned, then add the stock, bouquet-garni, cloves, mace, salt and pepper, and stir until boiling. Replace the pieces of tail, cover closely, and simmer gently for 2½ to 3 hours. Arrange the pieces of tail on a hot dish, season the sauce to taste, add the lemon-juice and strain over them. Garnish with croûtons of fried bread, or groups of cooked turnip and carrot, cut either into dice or julienne strips.

TIME.—From 2¾ to 3 hours. AVERAGE COST, 2*s.* to 2*s.* 9*d.* SUFFICIENT for 5 or 6 persons.

OX-TONGUE, POTTED.

INGREDIENTS. — Cooked ox-tongue. To each lb. allow 3 ozs. of butter, powdered mace, cloves, nutmeg, cayenne.

METHOD. — Chop the tongue finely, then pound it well in a mortar, gradually adding clarified butter, and the above flavourings until the whole is reduced to a moist smooth paste. Rub through a fine sieve, press into pots, and cover with the remainder of the clarified butter.

OYSTER FORCEMEAT FOR ROAST OR BOILED TURKEY.

INGREDIENTS.—18 sauce oysters, ½ pint of breadcrumbs, 2 ozs. of finely-chopped suet, ½ a teaspoonful of mixed herbs, a good pinch of nutmeg, salt and pepper, 1 egg, and a little milk if necessary (or oyster liquor).

METHOD.—Beard the oysters, put any liquor from them into a saucepan, add the beards, and simmer for about 10 minutes. Cut the oysters into small pieces, mix with them the breadcrumbs, suet, herbs, nutmeg, and seasoning. Add the egg and sufficient milk or oyster liquor to thoroughly moisten the whole, and mix well. Press the farce lightly into the breast of the turkey.

TIME.—From 30 to 40 minutes. AVERAGE COST, about 1*s.* 9*d.* for this quantity. SUFFICIENT for 1 turkey.

OYSTER FRITTERS.

INGREDIENTS.—12 large oysters, 3 ozs. of flour, ¼ pint of tepid water, 1 tablespoonful of salad-oil or oiled butter, the whites of 2 eggs, salt, frying-fat.

METHOD.—Make a batter by stirring the water and salad-oil gradually into the flour; when perfectly smooth add the salt, and lastly the stiffly-whipped whites of eggs. Beard the oysters, dip them in the batter, and fry them in hot fat until they acquire a golden-brown colour.

TIME.—½ an hour. AVERAGE COST, 1*s.* 9*d.* to 2*s.* 3*d.* SUFFICIENT for 6 persons. SEASONABLE from September to April.

OYSTER OMELET.

INGREDIENTS.—6 eggs, 6 oysters, 1 tablespoonful of white sauce or fish sauce, 1 tablespoonful of milk, salt and pepper, 1 oz. of butter.

METHOD.—Blanch the oysters in their own liquor without allowing them to boil, then divide them in halves or quarters, and mix with them the sauce, and seasoning to taste. Beat the eggs well, add the milk, and salt and pepper to taste.

Melt the butter in an omelet pan, when hot pour in the eggs, stir until the mixture begins to set, then place the oyster preparation in the centre, fold the sides in, finish cooking, and serve.

Time.—Altogether, 20 minutes. Average Cost, 1*s*. 6*d*. to 2*s*. 6*d*.

OYSTER OMELET (Chafing Dish Cookery).

Ingredients.—1 dozen oysters, 6 eggs, 1 tablespoonful of milk, 1 tablespoonful of oyster liquor, salt, pepper, 1 oz. of butter.

Method.—Blanch the oysters in their own liquor, drain them and remove the beards, and cut into small dice. Beat up the eggs in the milk and oyster liquor, season to taste with salt and pepper, and add the oysters. Melt the butter in a chafing dish, pour in the mixture, and stir over a quick fire until the eggs begin to set. Fold over and shape neatly (oval cushion shape), allow the omelet to take colour, and serve.

Time.—4 or 5 minutes. Average Cost, 2*s*. to 2*s*. 6*d*. Sufficient for 3 persons. Seasonable, September to April.

OYSTER PATTIES.

Ingredients.—1 lb. of puff paste, 24 oysters, 2 ozs. of butter, 1 oz. of flour, the yolks of 3 eggs, ¼ pint of fish stock or milk (about), ½ gill of cream, ½ a teaspoonful of lemon-juice, salt and pepper, parsley.

Method.—When the paste has had the necessary number of turns, roll it out to a thickness of about ½ an inch, and with a hot wet cutter of 2½ inches diameter stamp out 8 or 9 rounds of paste. Brush these over with beaten egg, then make an inner ring to about half the depth of the paste with a cutter 1 inch in diameter, previously dipped in hot water. Bake them in a hot oven for 20 or 25 minutes, then remove and take care of the tops, scoop out the soft inside, and keep the patties warm until required Meanwhile, put the oysters and their liquor into a saucepan, let them come to the boil, drain them, put the liquor aside, remove the beards, and cut each oyster in two. Melt the butter in a stewpan, add the flour, and cook for 3 or 4 minutes, add the oyster liquor with enough milk to make half a pint, and stir until the sauce boils. Simmer for 10 minutes, add the cream, the yolks of the eggs, lemon-juice, and seasoning to taste; simmer again gently until the yolks of the eggs thicken, then pass through a tammy-cloth or fine sieve. Re-heat, add the oysters, and when thoroughly hot, place in the puff paste cases, put on the covers, garnish with parsley, and serve.

Time.—½ an hour after the paste is made. Average Cost, about 2*s*. 6*d*., exclusive of the paste. Sufficient for 8 or 9 patties. Seasonable from September to April.

OYSTER PLANT, SCALLOPED.

Ingredients.—1½ lbs. of stewed oyster plant (salsify), 3 ozs. of butter, ½ gill of milk, salt to taste, a pinch of cayenne pepper.

Method. — When the oyster plant is boiled tender, rub it through a sieve; add part of the butter and all the other ingredients, mix well, put in a baking-dish, cover the top with grated breadcrumbs and the rest of the butter. Bake it a delicate brown, and serve hot.

Time.—15 minutes. Cost, 1*s*. to 1*s*. 3*d*. Sufficient for 5 or 6 persons. Seasonable in winter.

OYSTER SAUCE.

INGREDIENTS.—12 sauce oysters, 1 oz. of butter, a teaspoonful of lemon-juice, the yolk of 1 egg, ¾ pint of Béchamel sauce.

METHOD.—Open the oysters, remove the beards, and put them with their liquor and the butter in a small saucepan. Cover with a lid, and cook for 4 minutes (they must not be allowed to boil), then drain well and halve or quarter them. Reduce the liquor to half its original quantity, then strain and return to the saucepan. Add the Béchamel sauce, when hot, bind with the yolk of egg, then put in the oysters and lemon-juice. Stir until the oysters are quite hot, season with a pinch of salt and pepper if necessary, and serve in a hot sauce-boat.

TIME.—From 20 to 30 minutes. AVERAGE COST, 1*s.* 2*d.*, in addition to the Béchamel sauce.

OYSTER SAUSAGES.

INGREDIENTS.—12 sauce oysters, 1 lb. of veal, ¼ lb. of suet finely-chopped, 1 thick slice of bread, 1 egg, butter or dripping for frying, salt and pepper.

METHOD.—Open the oysters, preserve the liquor, remove the beards, and cut the oysters into very small pieces. Strain the liquor over the bread, let it soak until soft, then drain off any unabsorbed liquor, and beat the bread with a fork until no lumps remain. Pass the veal 2 or 3 times through a mincing-machine, add the suet, bread, salt and pepper to taste, and lastly the oysters and egg. The preparation may be improved by being well pounded in a mortar, but it is not absolutely necessary. When ready, press into skins, or shape in the form of small sausages, roll lightly in flour seasoned with salt and pepper, and fry in hot butter or fat.

TIME.—Altogether, 1½ hours. AVERAGE COST, 2*s.* 3*d.*

OYSTER SOUFFLÉ.

INGREDIENTS.—2 small whitings, 6 large sauce oysters, 1½ ozs. of flour, 2 ozs. of butter, about ½ pint of milk, ½ gill of cream, ½ a teaspoonful of anchovy essence, 3 eggs, seasoning.

METHOD.—Skin the whitings, remove all the meat from the bones, and pound it in a mortar. Melt the butter in a stewpan, add the flour, and cook a little without browning; moisten with the milk and oyster liquor, stir briskly until quite smooth, then add the cream. Cook a little longer, but stir all the while. Remove the beards from the oysters, cut the latter into dice, and put them into the mixture; season to taste with salt, pepper, and nutmeg, work in the yolks of the eggs, the anchovy essence, and the pounded fish. Whisk the whites of the eggs to a stiff froth, and mingle them carefully with the mixture. Three parts fill a well-buttered soufflé tin or Charlotte mould, steam for about 45 minutes. Remove from the mould, and serve with a white sauce.

TIME.—To steam, about 45 minutes. AVERAGE COST, 2*s.* SUFFICIENT for 6 persons. SEASONABLE from September to April.

OYSTER SOUP.

INGREDIENTS.—1 lb. knuckle of veal, 1 lb. of plaice, 2 ozs. of butter, 1½ ozs. of flour, ½ pint of milk, ¼ pint of cream, 18 oysters, 1 onion, 1 bay-leaf, 1 teaspoonful of anchovy essence, salt and pepper.

METHOD.—To 1 quart of cold water add the veal cut into small pieces, the onion and bay-leaf. Simmer gently for 3 hours, then strain and when cold remove the fat. Fillet the plaice, remove the black skin, and simmer the fish in 1 quart of cold water for about 1 hour, or until it is reduced to shreds, then rub through a fine sieve. Simmer the beards of the oysters in ½ pint of the fish stock, add the liquor from the oysters, strain, and put aside. Mix together the veal and fish stock, and bring to boiling point. Melt the butter in a stewpan, stir in the flour, cook for 2 or 3 minutes, then pour in the hot stock and stir until it boils. Now add the milk, oyster liquor, anchovy essence, and season to taste. If the oysters are large, cut them in halves, and put them into the boiling soup just before serving, but they must not be allowed to cook. Stir in the cream at the last moment.

Time.—2 hours, after veal stock is made. Average Cost, 3*s.* 6*d.* Seasonable from September to April. Sufficient for 10 persons.

OYSTER STUFFING, SAVOURY.

Ingredients.—12 large oysters, 1 gill of stock, 4 ozs. of soft white breadcrumbs, a little grated lemon-rind, 1 dessertspoonful of chopped parsley, 1 pinch of mace, 1½ ozs. of butter. salt and pepper to taste.

Method. — Beard the oysters, save the liquor and put it with the beards and the stock and bring to the boil. Allow to simmer till the flavour is extracted from the beards, then strain. Mix together the breadcrumbs, grated lemon, chopped parsley, salt, pepper, butter, mace, and the oysters chopped, bind the mixture with the egg and as much of the oyster stock as will bring to the proper consistency. Use for stuffing fish or poultry.

Time. — 30 minutes. Average Cost, 1*s.* 6*d.* to 2*s.* Sufficient for 1 goose.

OYSTERS, BROILED (Chafing Dish Cookery).

Ingredients. — 1 dozen large oysters, finely crushed shredded wheat biscuits, 2 ozs. of butter, oiled butter, salt and pepper, lemons.

Method.—Remove the beards from the oysters, cut them in halves, wipe and season with salt and pepper, and dip them in oiled butter. Drain again, and roll them in the shredded wheat biscuits, finely crushed. Heat up the butter in the chafing dish, when quite hot drop in the crumbed oysters, cook and serve with quarters of lemon.

Time.—5 minutes. Average Cost, 2*s.* to 2*s.* 6*d.* Sufficient for 3 persons. Seasonable, September to April.

OYSTERS, DEVILLED.

Ingredients.—1 dozen oysters, 1 oz. of butter, cayenne, salt, lemon, brown bread, butter.

Method.—Open the oysters carefully so as to preserve as much of the liquor as possible, and leave them in their shells. Sprinkle them lightly with salt, and more liberally with cayenne, and to each one add a small piece of butter. Place the oysters on a gridiron over a clear slow fire until thoroughly heated, then serve with sliced lemon and thin brown bread and butter.

Time.—4 minutes, to cook. Average Cost, 2*s.* per dozen. Seasonable from September to April.

OYSTERS, FRICASSÉED.

Ingredients.—18 large oysters, 2½ ozs. of butter, ¾ oz. of flour, 1 gill of white stock, ¼ gill of cream, the yolks of 3 eggs, 1 teaspoonful of lemon-juice, salt, nutmeg, white pepper, 10 small heart-shaped slices of fried bread.

Method.—Open the oysters, preserve the liquor, remove the beards, put the oysters in a stewpan with 1 oz. of butter and a little oyster liquor. Season with a pinch of salt, a grating of nutmeg, and a pinch of pepper. Stir over the fire for 2 minutes and strain. Melt the remaining 1½ ozs. of the butter in a stewpan, stir in the flour, cook slightly without browning and dilute with the liquor from the oysters, the remainder of the oyster liquor, and the stock. Stir until it boils, simmer for about 10 minutes, then add the cream, the yolks of the eggs, and the lemon-juice, and stir the mixture over the fire a few seconds longer to bind the yolks. Pass the sauce through a fine strainer or tammy-cloth, put it in a saucepan with the oysters, heat thoroughly, but on no account allow it to boil. Serve on a hot dish, garnished with croûtes of fried bread and a few sprigs of parsley.

Time.—About 15 minutes. Average Cost, 3*s.* 6*d.* Sufficient for 6 persons. Seasonable from September to April.

OYSTERS, FRICASSÉED (Chafing Dish Cookery).

Ingredients.—1 dozen large oysters and their liquor, ½ oz. of butter, ½ oz. of flour, 1 gill of milk, 1 egg, milk, and cream.

Method.—Blanch the oysters, drain and beard them. Melt the butter in a chafing dish, to this add the flour, stir for a few minutes, and moisten with milk and the strained oyster liquor. Bring to the boil, and simmer for 10 minutes. Cut the oysters in halves, add them to the sauce, let them get very hot together without boiling, then add the beaten yolk of the egg and a little cream. Season to taste and serve.

Time.—25 minutes. Average Cost, 2*s.* to 2*s.* 6*d.* Sufficient for 2 persons. Seasonable, September to April.

OYSTERS, FRIED.

Ingredients.—8 or 10 oysters, fat bacon, 8 or 10 round croûtes of fried bread, ¼ a teaspoonful of very finely-chopped shallot, ½ a teaspoonful of finely-chopped parsley, lemon-juice, Krona pepper, frying-fat, frying-batter.

Method.—Beard the oysters, slice the bacon very thinly, and with a sharp cutter stamp out small rounds from 1½ to 1¾ inches in diameter. Season the oysters with lemon-juice and Krona pepper, place each one between 2 rounds of bacon, pressing the edges firmly together. Make the batter as directed, season it well with Krona pepper, add the shallot and parsley, then dip in the rounds, and fry them in hot fat until nicely browned and crisp. Drain well, and serve on the prepared croûtes, sprinkled with chopped parsley or Krona pepper.

Time.—½ an hour. Average Cost, 2*s.* to 3*s.* Sufficient for 6 or 7 persons. Seasonable from September to April.

OYSTERS IN SHELLS.

Ingredients.—18 oysters, 3 tablespoonfuls of Béchamel sauce, 1 oz. of butter, ½ a lemon, cayenne, white breadcrumbs, parsley.

Method.—Open the oysters, remove the beards, strain and preserve the liquor. Wash 9 deep shells, dry them, and coat the insides with butter. Put a teaspoonful of Béchamel sauce in each shell, also a few drops of liquor and lemon-juice, lay the oysters on the top, season with a little cayenne, and cover with sauce. Sprinkle the entire surface with breadcrumbs, lay a small piece of butter on the top of each, and brown them slightly in a hot oven.

TIME.—15 minutes. AVERAGE COST, from 2*s*. 6*d*. to 3*s*. SUFFICIENT for 9 coquilles. SEASONABLE from September to April.

OYSTERS ON TOAST.

INGREDIENTS.—12 oysters, cooked ham, white or brown bread, butter, salt, cayenne, fried parsley.

METHOD.—Toast some thin slices of either white or brown bread, and from them cut 12 rounds from 1½ to 2 inches in diameter. Cover each one with a round of ham of corresponding size, and place on it an oyster, previously bearded. Season with a little salt and a tiny pinch of cayenne, add a small piece of butter, then bake in a hot oven for about 3 minutes. Dish on a folded serviette or dish paper, garnish with fried parsley, and serve.

TIME.—15 minutes. AVERAGE COST, 2*s*. 3*d*. to 2*s*. 9*d*. SUFFICIENT for 12 canapés. SEASONABLE from September to April.

OYSTERS, SCALLOPED.

INGREDIENTS.—12 large or 18 small oysters, 2 or 3 tablespoonfuls of thick white sauce, lemon-juice, white breadcrumbs, butter, pepper and salt.

METHOD.—Blanch the oysters in their own liquor, remove the beards, and cut them in halves. Strain the liquor into the white sauce, boil until sufficiently reduced, then add lemon-juice, salt and pepper to taste. Brush 8 or 9 small scallop shells over with nearly cold clarified butter, and coat them with the breadcrumbs. Distribute the oysters equally, add the prepared sauce, cover lightly with breadcrumbs, put 2 or 3 morsels of butter on the top of each, bake in a quick oven until nicely browned, and serve hot.

TIME.—20 minutes. AVERAGE COST, 1*s*. 9*d*. to 2*s*. 9*d*. SUFFICIENT for 7 or 8 persons. SEASONABLE from September to April.

OYSTERS, SHRIVELLED (Chafing Dish Cookery).

INGREDIENTS.—1 dozen oysters and their liquor, ½ oz. of fresh butter, salt, pepper, lemon-juice and parsley.

METHOD.—Put the oyster liquor in the chafing dish over the lamp, allow it to boil, and remove the scum from the surface. Add the fresh butter, and put in the oysters, previously bearded. Season with salt and pepper, a few drops of lemon-juice, and a little parsley. Cook for 5 minutes, and serve plain or on toast.

TIME.—5 minutes. AVERAGE COST, 1*s*. 6*d*. to 2*s*. 6*d*. SUFFICIENT for 2 persons. SEASONABLE, September to April.

OYSTERS, STEWED (Invalid Cookery).

INGREDIENTS.—12 oysters, 1 oz. of butter, ½ oz. of flour, 1 yolk of egg, ½ gill of milk (about), ¼ gill of cream, 1 teaspoonful of lemon-juice, a small blade of mace, salt and pepper.

METHOD.—Blanch the oysters in their own liquor, then strain and add to it enough milk to increase the quantity to ½ pint. Melt the butter in a stewpan, stir in the flour, add the mace, mixed liquor, and milk, and boil from 2 to 3 minutes. Beat the cream and yolk of egg well together, strain them into the sauce, and stir by the side of the fire for 3 or 4 minutes to cook the egg, but do not let it boil or it will curdle. Beard the oysters, cut them into halves or quarters, and stir them into the sauce. Season to taste, add the lemon-juice, remove the mace, and serve.

TIME.—20 minutes. AVERAGE COST, 2*s*.

PANADE OR PANADA.

Put ½ a pint of water, 1 oz. of butter, and a good pinch of salt into a small stewpan. When boiling, stir in gradually 4 ozs. of sifted flour, and work vigorously with a wooden spoon over the fire until the panada leaves the sides of the stewpan clear. Spread on a plate, and when cool, use as directed. Panada is used to bind together ingredients which themselves possess no adhesive properties.

PANCAKE BATTER

(*See* Batter for Frying and Yorkshire Pudding).

PANCAKES, FRENCH.

Ingredients.—2 ozs. of flour, 2 ozs. of butter, 2 ozs. of castor sugar, about 4 tablespoonfuls of jam, 2 eggs, ½ pint of milk.

Method.—Heat the milk in a stewpan. Cream the butter and sugar together until smooth, beat in the eggs, and stir in the flour lightly. Now add the warm milk, which will slightly curdle the mixture, beat well, then cover and let it stand for 1 hour. Have ready 6 buttered plates or large saucers, put an equal quantity of batter into each, bake quickly until the batter rises, then more slowly for about 10 minutes. Spread 5 of them with jam, which should be warm, place them on the top of each other, cover with the plain pancake, and dredge well with castor sugar. Serve quickly.

Time.—About 1¾ hours. Average Cost, 8*d*. Sufficient for 5 or 6 persons.

PANCAKES, MELBOURNE (Australian Dish).

Ingredients.—2 breakfastcupfuls of flour, 2 breakfastcupfuls of sour milk, 2 breakfastcupfuls of ripe fruit mashed and sweetened, 2 ozs. of butter melted, 2 eggs, 1 good teaspoonful of carbonate of soda, sugar, lard, ½ a level teaspoonful of salt.

Method.—Mix the flour, milk, eggs, and salt into a smooth batter, and let stand for 1½ hours. Then add the melted butter and the carbonate of soda previously dissolved in a little hot water. Fry the pancakes in hot lard, pile them one above another with a thick layer of fruit between them. Sprinkle with sugar, and serve.

Time.—Altogether, about 2½ hours. Average Cost, 10*d*. to 1*s*.

PANCAKES (Passover Dish).

Ingredients.—1 teacupful of meal (motza), 3 ozs. of sugar, 2 eggs, the rind of 1 lemon finely grated, 1 pint of milk, ½ a teaspoonful of ground cinnamon, butter or frying-oil, salt.

Method.—Break the eggs into the flour, mix well, adding the milk gradually until about half of it is used, then beat well. Stir in the sugar, lemon-rind, cinnamon, and salt to taste, add the rest of the milk, and put aside for at least 1 hour. Fry in hot butter or oil, then serve plainly, or with lemon and sugar.

Time.—To fry each pancake, from 2 to 3 minutes. Average Cost, 8*d*. Sufficient for 4 or 5 persons.

PARADISE PUDDING.

Ingredients.—3 ozs. of coarsely-chopped apples, 3 ozs. of sugar, 3 ozs. of currants, 4 ozs. of bread-crumbs, 3 eggs, the finely-grated rind of ½ a lemon, salt and nutmeg to taste, 1 tablespoonful of brandy.

Method.—Mix all the ingredients well together, turn into a well-buttered mould or basin, and steam for 2 hours. Serve with a suitable sauce.

Time.—2½ hours. Average Cost, 1*s*. Sufficient for 4 or 5 persons.

PARKIN.

Ingredients.—4 lbs. of fine oatmeal, 3 lbs. of treacle or golden syrup, ½ lb. of butter or lard, ½ lb. of brown moist sugar, 1 oz. of ground ginger.

Method.—Let the treacle warm gradually by the side of the fire until it becomes quite liquid. Meanwhile, rub the butter or lard into the oatmeal, and add the sugar and ginger. Stir in the treacle with a strong wooden spoon. To follow the Yorkshire method exactly, the vessel which held the treacle must be rinsed out with beer, but milk may be substituted. This is added gradually until the right consistency is obtained. The mixture must be smooth, but it must not drop too easily from the spoon. Have ready some greased Yorkshire pudding tins, pour in the mixture, and bake in a steady oven until the centre of the parkin feels firm (from 1 to 1½ hours, according to thickness of the parkin and condition of oven). As the mixture improves by being allowed to stand, each cake should be baked separately when the oven is a small one. Let the parkin cool slightly, then cut it into squares, remove them from the tin, and when cold place them in an air-tight biscuit tin. The parkin may be kept for months.

Time.—To bake, from 1 to 1½ hours. Average Cost, 2*s.* 3*d.* to 2*s.* 6*d.* Sufficient for 2 or 3 cakes. Seasonable at any time.

PARKIN CAKES.

Ingredients.—1 lb. of fine oatmeal, 14 ozs. of golden syrup, 2 ozs. of butter or fat, 2 ozs. of sugar, 1 oz. of finely-chopped candied lemon-peel, 1 teaspoonful of ground ginger, ½ a teaspoonful of powdered cinnamon, 2 or 3 tablespoonfuls of milk.

Method.—Warm the golden syrup gradually until it becomes liquid. Rub the butter or fat into the oatmeal, add the sugar, peel, ginger, cinnamon, and stir in the golden syrup. Add milk until the mixture drops from the spoon. Cover, put aside for 2 hours, then bake in well-greased patty pans.

Time.—To bake, from 20 to 30 minutes. Average Cost, 9*d.* or 10*d.* Sufficient for 12 cakes. Seasonable at any time.

PARROT PIE (Australian Recipe).

Ingredients.—1 dozen paraquects (a small, long-tailed tropical parrot), 6 thin slices of lean beef, 4 rashers of bacon, 3 hard-boiled eggs, ½ a teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of finely-grated lemon-peel, salt and pepper, puff paste, flour.

Method.—Prepare the birds, and truss them like a quail or any other small bird. Line a piedish with the beef, over it place 6 of the paraquects, intersperse slices of egg, parsley, and lemon-rind, dredge lightly with flour, and season with salt and pepper. Cover with the bacon cut into strips, lay the rest of the birds on the top, intersperse slices of egg, season with salt and pepper, and sprinkle with parsley and lemon-rind as before. Three-quarters fill the dish with cold water, cover with puff paste, and bake in a quick oven.

Time.—2½ hours. Cost, uncertain.

PARSLEY.

This herb is said to be a native of Sardinia, but is largely cultivated in every country in Europe. Parsley possesses the peculiar property of absorbing the strength of other flavouring ingredients: hence the necessity of using it with discretion. In consequence of being generally regarded as exceedingly simple and harmless in character, this herb is frequently employed in altogether disproportionate quantities, thereby overpowering the flavour of other substances with which it is mixed. Parsley intended for winter use should be gathered before it loses its tender shade of green. It is first blanched in boiling water for 1 minute, then put into a hot oven, and when dry enough to be easily reduced to a fine powder, it is rubbed through a hair sieve, and put into well-corked bottles or air-tight tins.

PARSLEY SAUCE (For Boiled Fowl, Veal, Calf's Head, etc.).

INGREDIENTS.—½ pint of the liquor in which the meat has been cooked, ½ pint of milk, 1 oz. of butter, 1 oz. of flour, 1 tablespoonful of chopped parsley, salt and pepper.

METHOD.—Melt the butter in a saucepan, stir in the flour, cook for 2 or 3 minutes, then add the liquor and milk, and stir until it boils. Simmer for a few minutes, season to taste, add the parsley, and use as required. If the parsley is allowed to boil in the sauce it will lose some of its green colour.

TIME.—20 to 25 minutes. AVERAGE COST, *3d.*

PARSLEY SAUCE FOR FISH.

INGREDIENTS.—½ pint of fish stock or water, 1 oz. of butter, ¾ oz. of flour, 1 tablespoonful of finely-chopped parsley, salt and pepper.

METHOD.—Melt the butter in a saucepan, stir in the flour, cook for 2 or 3 minutes, then add the stock and stir until it boils. Simmer for a few minutes, then season to taste, add the parsley, and serve. If the parsley is allowed to boil in the sauce it will lose some of its green colour.

TIME.—20 to 25 minutes. AVERAGE COST, 1½*d.* per ½ pint.

PARSLEY, TO FRY.

Remove some small sprigs from some fresh parsley, wash it in cold water, drain well, and press gently in a clean, dry cloth to absorb as much moisture as possible, otherwise the damp leaves may cause the hot fat to spurt up in an unpleasant, if not dangerous, manner. When the articles are fried, put the parsley in a wire basket into the fat, and fry about 1 minute, when it should be crisp. Or, when a frying-basket is not available, leave rather long stalks attached to the parsley, tie them together with string and let a long end remain, by which the parsley can be held whilst frying. Fried parsley can be kept fresh and crisp for several days if stored in an air-tight tin: before using, it should be re-heated in the oven.

PARSNIP SOUP.

INGREDIENTS.—2 pints of second stock, 1 pint of milk, 3 or 4 parsnips, 1 onion, 2 strips of celery, 1 oz. of butter, the juice of a lemon, or 1 tablespoonful of vinegar, 1 dessertspoonful of flour, salt and pepper.

METHOD. — Slice the vegetables, and fry them in the butter, without browning, for about 15 minutes. Add the stock, and simmer until the parsnips are tender (about 40 minutes), then rub through a wire sieve. Return to the stewpan, add the milk, salt and pepper, and bring to the boil. Mix the flour with a little milk or water, pour it into the soup, stir, and cook for 5 or 6 minutes. Add the lemon-juice and serve with croûtons of fried or toasted bread. The lemon-juice is added to correct the sweetness of the parsnips, and is simply a matter of taste.

Time.—1½ to 1¾ hours. Average Cost, about *7d.* without the stock. Seasonable from October to April. Sufficient for 6 persons.

PARSNIPS, BOILED.

Ingredients.—Parsnips; to each ½ gallon of water allow 1 heaped tablespoonful of salt.

Method.—Wash the parsnips, scrape them thoroughly, and with the point of the knife remove any black specks about them, and should they be very large, cut the thick part into quarters. Put them into a saucepan of boiling water, salted in the above proportion, boil them rapidly until tender, which may be ascertained by piercing them with a fork or skewer, take them up, drain them, and serve in a vegetable-dish. This vegetable is usually served with salt fish, boiled pork, or boiled beef; when sent to table with the latter, a few should be placed alternately with carrots round the dish, as a garnish.

Time.—Large parsnips, 1 to 1½ hours; small ones, ½ to 1 hour. Average Cost, *2d.* per lb. Seasonable from October to May.

PARSNIPS, FRIED.

Ingredients.—Parsnips, salt and pepper, egg and breadcrumbs, or frying-batter.

Method.—Boil the parsnips as in the preceding recipe (cold ones may be used), cut them into slices, about ½ inch in thickness, sprinkle them with salt and pepper, and either coat them with egg and breadcrumbs, or dip them into batter. In either case, they must be fried until golden-brown in hot fat.

Average Cost.—*2d.* per lb. Seasonable from October to May.

PARSNIPS, MASHED

(*See* Turnips, Mashed).

PARTRIDGE, BROILED.

Ingredients.—Partridges, salt and cayenne to taste, a small piece of butter, brown gravy or mushroom sauce.

Method.—Pluck, draw, and cut the partridge in half, and wipe the insides thoroughly with a damp cloth. Season the birds with salt and cayenne, broil them over a very clear fire, and dish them on a hot dish; rub a small piece of butter over each half, and send them to table with brown gravy or mushroom sauce.

Time.—From 20 to 25 minutes. Average Cost, from *3s. 6d.* a brace. Seasonable from September 1 to February 12.

PARTRIDGE PIE.

Ingredients.—2 partridges, ¾ lb. of veal cutlet, 2 or 3 slices of streaky bacon, ½ pint of good stock, 1 oz. of butter, 2 hard-boiled eggs, 2 tablespoonfuls of coarsely-chopped mushrooms, preferably fresh ones, 1 teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of very finely-chopped shallot or onion, salt and pepper, paste.

Method.—Draw, singe, divide the birds into quarters and fry them until lightly browned in hot butter. Cut the veal into small thin slices, place them in the bottom of a pie-dish, season well with salt and pepper, and lay the partridges on the top interspersed with strips of bacon and quarters of egg. Sprinkle on the mushrooms, parsley and onion, season well with salt and pepper, add stock to ¾ the depth of the dish, and cover with paste (*see* Veal and Ham Pie). The pie will bake in about 1¼ hours; it should first be put into a hot oven to make the pastry rise, and afterwards baked more slowly. Several folds of well-greased paper laid on the top of the pie will prevent the crust becoming too brown, and a glazed appearance may be given to it by brushing it over with yolk of egg when ¾ baked. The remainder of the stock should be warmed and poured into the pie before serving.

TIME.—To bake, from 1¼ to 1½ hours. AVERAGE COST, 5*s.* to 6*s.* SEASONABLE from September 1 to February 12.

PARTRIDGE, ROASTED.

INGREDIENTS.—Partridge, brown gravy, bread sauce, fried breadcrumbs, slice of toast, butter for basting, 1 slice of bacon.

METHOD.—Pluck, draw, and truss in the same manner as a roast chicken. Cover the breast with a slice of fat bacon, and roast before a clear fire for about 30 minutes, basting frequently with hot butter. A few minutes before serving remove the bacon, dredge lightly with flour, and baste well to give the bird a nice pale brown appearance. Dish on the toast, and serve the gravy, breadcrumbs, and bread sauce separately.

TIME.—To roast, about 30 minutes. AVERAGE COST, 3*s.* 6*d.* to 4*s.* 6*d.* the brace. SEASONABLE from September 1 to February 12.

PARTRIDGE, STEWED (French Dish).

INGREDIENTS.—Two partridges, slices of fat bacon, 4 slices of lemon, 2 small or 1 large carrot sliced, 1 onion sliced, bouquet-garni, 1 glass of white wine, ¾ pint of stock, butter, salt and pepper. For the sauce: ¾ oz. of butter, ¾ oz. of flour.

METHOD.—Place a piece of butter the size of a small walnut inside each bird, truss them, and cover the breast first with 2 slices of lemon and then with bacon. Have the stock ready heated in a stewpan, put in the prepared birds, vegetables, bouquet-garni, wine, and a seasoning of salt and pepper. Cover closely, cook very gently for 1 hour, then remove the bacon and slices of lemon, and brown the breasts of the birds in a moderately hot oven. Meanwhile, the flour should have been cooked in ¾ oz. of butter until it acquires a nut-brown colour; now add the strained stock from the stewpan, and stir until it boils. If liked, the birds may be served garnished with crisply-fried straws or thin slices of potato, or a purée of mushrooms or green peas. Serve the sauce separately.

TIME.—1½ hours. AVERAGE COST, from 5*s.* 6*d.* SUFFICIENT for 2 persons. SEASONABLE from September to February.

PARTRIDGE, BRAISED, WITH CABBAGE (Casserole Cookery).

INGREDIENTS.—1 brace of partridges, 3 slices of fat bacon, 2 peeled shallots, 1 bay-leaf, 1 small bouquet-garni, 1 blade of mace, 1 sliced carrot, 1 pint of good stock, 2 small cabbages, ½ pint of well-reduced brown sauce, 1 sausage, salt and pepper.

METHOD.—Pick, draw, and truss the partridges for boiling. Line the bottom of an earthenware braising-pan with the slices of fat bacon, the shallots, bay-leaf, bouquet-garni, mace, and sliced carrot. Put in the partridges, and cook over a brisk fire for about 10 minutes—long enough to brown the birds a little. Then moisten with the stock. Trim and wash the cabbages, cut them into quarters, and cook them in salted water till half done, drain them well, press in a cloth, and tie up each with string. Put them in the pan with the birds, season with salt and pepper, and cook the whole in the oven for about an hour. Strain the liquor or stock, and return it to the braising-pan with the brown sauce. Boil up and skim, now place in the partridges, the portions of cabbage and a few pieces of sausage, cover the pan, let it cook gently for another 10 minutes, and serve.

TIME.—About 2 hours. AVERAGE COST, 7*s.* to 8*s.* 6*d.* SUFFICIENT for 4 persons. SEASONABLE, September to February.

PARTRIDGES, HASHED (*See* Wild Duck, Salmi of).

PASTE, FLAKY (For Pies, Tarts, and Tartlets).

INGREDIENTS.—12 ozs. of flour, 9 ozs. of butter, (or butter and lard mixed), ¼ pint of water (about).

METHOD.—Sieve the flour into a basin, and rub in lightly ⅓ of the butter. Add the water and mix into a smooth paste, more or less moist, according to the consistency of the butter, with which it must agree in this respect; roll it out into a long, narrow strip. Divide the remainder of the butter into 3 equal portions; put one portion on the paste in small pieces, dredge lightly with flour, fold it evenly in three, turn it round so as to have the folded edges to the right and left when rolling, press the edges lightly with the rolling-pin, to prevent the air escaping, and roll out as before. Repeat this process with the other portions of butter. The pastry may be used at once, but it will be lighter if allowed to stand for 1 hour in a cool place before being used. In making-up, handle as lightly, and roll as evenly, as possible. Bake in a hot oven, and avoid opening the oven door until the pastry has risen and become partially baked.

TIME.—½ an hour to bake. AVERAGE COST, 10*d.*

PASTE FOR RAISED PIES.

INGREDIENTS.—1 lb. of flour, 6 ozs. of lard, ¼ pint of water, ½ a teaspoonful of salt.

METHOD.—Put the flour and salt into a warm basin, and let it stand near the fire until it feels dry and warm. Boil the lard and water for 5 minutes, then pour the mixture into the centre of the flour, and mix well with a spoon until cool enough to knead with the hands. Knead well, keeping it warm during the process, let it remain near the fire for about 1 hour, then re-knead and use at once.

Throughout the processes of mixing, kneading, and moulding, the paste must be kept warm, otherwise moulding will be extremely difficult. On the other hand, if the paste be too warm, it will be so soft and pliable that it cannot retain its shape, or support its own weight. Fine flour is not to be recommended for this purpose, for it is deficient in gluten, a sticky, tenacious substance which greatly increases the adhesive properties of the paste, and so makes it easier to mould.

TIME.—1¼ hours. AVERAGE COST, 5*d.* SUFFICIENT for 1 large pie.

PASTE, PUFF.

INGREDIENTS.—1 lb. of flour, 1 lb. of butter, 1 teaspoonful of lemon-juice, about ⅓ pint of cold water.

METHOD.—Wash and squeeze the butter in cold water, dry well in a floured cloth,, shape into a square about the size of a slice of sandwich bread, and keep in a cool place while the paste is being prepared. Sieve the flour on to a marble slab, or board, make a well in the centre, put in the lemon-juice, and add water gradually until a smooth paste is formed. The condition of the butter determines the consistency; when soft, the paste must be equally so. Knead the paste until smooth, then roll it out into a strip a little wider than the butter, and rather more than twice its length. Place the butter on one-half of the paste, fold the other half over, enclosing the butter entirely, and press the edges together with the rolling-pin. Let it remain in a cool place for about 15 minutes, then roll out to about three times the original length, but keeping the width the same, and fold exactly in three. Turn the paste round so that the folded edges are on the right and left, roll and fold again, and put aside for 15 minutes. Repeat this until the paste has been rolled out six times. The rolling should be done as evenly as possible, and the paste kept in a long narrow shape which, when folded, forms a square. Each time the paste is rolled out it may be well sprinkled with flour, but it must be evenly distributed with a paste-brush, and all the loose flour carefully brushed off before beginning to roll. When the paste has had its sixth roll it is ready for use; it should be baked in a hot oven, and until the paste has risen and become partially baked the oven door should not be opened, because a current of cold air may cause the flakes to collapse on one side.

TIME.—1½ hours. AVERAGE COST, 1*s.* to 1*s.* 2*d.* per lb.

PASTE, PUFF, WITH JAM RINGS.

INGREDIENTS.—Puff paste trimmings, jam, white of egg, castor sugar.

METHOD.—Roll the paste out to about ¼ of an inch in thickness, and stamp out an equal number of rounds 2½ and 1¾ inches in diameter. Brush the larger rounds over with white of egg; stamp out the centre of the smaller rounds, thus forming them into rings, one of which must be pressed lightly on the top of each round of paste. Bake in a moderately hot oven, and when cold fill with jam.

TIME.—15 minutes to bake. AVERAGE COST, 2*d.* each.

PASTE, RICH SHORT CRUST.

INGREDIENTS.—1 lb. of flour, ¾ lb. of butter, 2 yolks of eggs, 1 level tablespoonful of castor sugar, 1 teaspoonful of baking-powder.

METHOD.—Rub the butter lightly into the flour, add the baking-powder, sugar, yolks of eggs, and a little water if necessary, but this paste must be rather stiff, and when the butter is soft or the paste is being mixed in a warm place, only a few drops of water may be required. Roll out thinly and use at once. The crust for fruit tarts should be lightly brushed over with cold water, and dredged with castor sugar before being baked.

TIME.—¼ of an hour. AVERAGE COST, 1*s.* 2*d.* SUFFICIENT for 2 tarts of medium size or 24 patty-cases.

PASTE, ROUGH PUFF, OR HALF-PUFF.

INGREDIENTS.—8 ozs. of flour, 6 ozs. of butter (or equal quantities of butter and lard), ½ a teaspoonful of lemon-juice, salt, about ¼ pint of water.

METHOD.—Sieve the flour on to a pasteboard, divide the butter into pieces about the size of a small walnut, and mix them lightly with the flour. Make a well in the centre, put in the lemon-juice, salt, and 1 tablespoonful of water, mix lightly, keeping the pieces of butter intact, and add water gradually until a moderately stiff paste is formed. Roll into a long strip, fold it equally in 3, turn it round so as to have the folded edges to the right and left, and roll out as before. Repeat until the paste has been rolled out 4 times, then use ; or, if convenient, let it remain for 1 hour in a cool place before being used.

TIME. — ½ an hour. AVERAGE COST 8*d*. if butter is used. SUFFICIENT for 1 pie of average size.

PASTE, SHORT CRUST.

INGREDIENTS.—8 ozs. of flour, 2 ozs. of butter, 2 ozs. of lard, 1 yolk of egg, 1 teaspoonful of baking-powder, a good pinch of salt, about ⅛ pint of water.

METHOD.—Rub the butter and lard lightly into the flour, add the baking-powder, salt, yolk of egg, and as much water as is necessary to form a stiff paste. Roll out to the required thickness, and use at once.

TIME.—¼ of an hour. AVERAGE COST, about 4½*d*. SUFFICIENT for 1 medium-sized tart.

PASTE, SHORT CRUST, PLAIN.

INGREDIENTS.—½ lb. of flour, 3 ozs. of lard, clarified fat, or dripping, 1 teaspoonful of baking-powder (heaped), ¼ of a teaspoonful of salt, ¼ pint of water.

METHOD.—Pass the flour, salt, and baking-powder through a sieve into a large basin, then rub in the fat, add the water, and work into a smooth paste with a knife. Roll out to desired shape and thickness, and use at once. When required for fruit tarts, 1 tablespoonful of sugar should be added to the above ingredients.

TIME.—¼ of an hour. AVERAGE COST, 3*d*. SUFFICIENT for 1 medium-sized tart.

PASTE, SWEET, FOR TARTLETS.

INGREDIENTS.—1 lb. of fine flour, 8 ozs. of castor sugar, 5 ozs. of butter, 3 eggs, the finely-grated rind of lemon.

METHOD.—Sieve the flour into a basin, make a well in the centre, put in the sugar, butter, and eggs, and mix the whole into a stiff paste. Roll out and use as required.

TIME.—10 minutes. AVERAGE COST, 1*s*.

PASTE, TO KEEP.

Paste not intended for immediate use should be enfolded in grease-proof or slightly buttered paper, and kept in a cool place.

PASTE, TRANSPARENT.

INGREDIENTS.—1 lb. of flour (dry and sifted), ¾ lb. of butter, 1 egg.

METHOD.—Wash the butter in 2 or 3 waters, and afterwards remove as much moisture as possible by means of a dry cloth. Melt the butter over a gentle fire, let it remain until nearly cold, then stir in the flour and egg. Knead lightly until smooth, roll out very thinly, and use for tartlets, etc.

TIME.—About ½ an hour. AVERAGE COST, 1*s*. SUFFICIENT for 2 lbs.

PASTRY SANDWICHES.

INGREDIENTS. — Pastry trimmings, jam, castor sugar.

METHOD.—Knead the trimmings lightly into a smooth round ball, and roll out very thinly, keeping the shape as square as possible. Spread jam evenly over one-half, fold the other half over, wet the edges, and press them lightly together. Brush over with water, dredge well with castor sugar, and with the back of a blade of a knife mark the paste across in lines about 1 inch apart. Bake for about 20 minutes in a moderate oven, and when cold cut the paste into strips. If preferred, currants, with the addition of a little sugar and shredded candied peel, may be used instead of jam.

TIME.—30 minutes.

PASTRY, TO GLAZE.

Meat pies, patties, sausage-rolls, and similar articles, are usually brushed over with well-beaten egg before or during the process of baking; when a deeper tone of colour is desired the yolk alone is used. Or, when economy is a point, and the white can be otherwise utilized, a little milk may be added to the yolk of egg when a larger quantity than is afforded by 1 yolk is required. Fruit tarts, puffs, etc., are usually brushed lightly over with cold water, and sprinkled liberally with castor sugar before baking. Or, when a thin coating of icing is desired, they are, when nearly baked, brushed over with well-beaten white of egg, and well dredged with castor sugar.

PASTRY WITHOUT BUTTER.

INGREDIENTS.—1 lb. of flour, 1 teaspoonful of baking-powder, a small wineglassful of salad-oil, water.

METHOD.—Mix the flour and baking-powder. Add the oil to cold water, and stir the paste to a proper consistency for rolling. Fold it over and roll it out 2 or 3 times, place on a baking tin, and bake immediately.

PAW PAW, GREEN, TO BOIL (Australian Dish).

INGREDIENTS.—Green paw paw, salt, white sauce or melted butter.

METHOD.—Boil gently in salt and water until soft, and serve covered with sauce.

PEA FRITTERS (Vegetarian Dish).

INGREDIENTS.—Cold brose, or lentil porridge, breadcrumbs, herbs, onions, seasoning, flour, frying-fat.

METHOD.—Mix with the cold porridge about its own bulk in breadcrumbs. Add a little chopped onion and sweet herbs, and seasoning to taste. Shape the preparation into flat cakes, flour them, and fry a nice brown in the frying-pan.

TIME.—10 minutes. AVERAGE COST, uncertain.

PEA SOUP.

INGREDIENTS.—2 quarts of stock or water (if water is used, ham or beef bones, either cooked or uncooked will improve the soup), 1 pint of dried split peas, 2 onions, 2 carrots, 1 small turnip, 2 strips of celery, 1 dessertspoonful of dried mint, salt and pepper, 1 oz. of flour.

METHOD.—Wash the peas and soak them for 12 hours in water. Put them into a stewpan with the bones (if any) and the stock, and bring to the boil. Slice the vegetables and add them to the stock when it boils, and simmer for at least 3 hours. Then rub through a wire sieve, return to the saucepan, add the flour mixed smoothly with a little water, and boil. When the purée is thoroughly incorporated with the soup, season to taste, and serve. The dried mint should be placed in the tureen and the soup poured on to it.

TIME.—3½ to 4 hours. AVERAGE COST, 4*d.*, when made with water. SEASONABLE at any time. SUFFICIENT for 6 persons.

Note.—When making pea soup in large quantities, the process of rubbing the vegetables through the sieve is omitted, and the turnips, carrots, etc., are cut into small pieces and added to the soup about 1 hour before serving.

PEACH AND PINEAPPLE MARMALADE (Australian Recipe).

INGREDIENTS.—7 lbs. of peaches, 1 large ripe pine, 3 lemons, 6 lbs. of sugar.

METHOD.—Pare and slice the pine, peel and stone the peaches.

crack half the stones and remove the kernels. Put the peaches and pine into a preserving-pan with just a little water to protect the bottom layer, heat slowly to simmering heat, and afterwards cook gently for about ½ an hour. Add the sugar gradually, so as not to reduce the temperature below simmering point, the strained juice of the lemons and the kernels, and boil gently for 20 minutes, skimming when necessary. Pour into earthenware or glass jars, cover closely, and store in a cool dry place.

PEACH CREAM.

Ingredients.—½ pint of peach purée, ½ pint of cream, 1 oz. of castor sugar, 1 gill of apricot syrup, ½ oz. of leaf gelatine.

Method.—Pass sufficient peaches through a hair sieve to make the required amount of purée. Dissolve the gelatine and sugar in the purée, and stir in the stiffly-whipped cream. Turn into the prepared mould, and let it remain on ice or in a cold place until set.

Time.—From 25 to 30 minutes. Average Cost, about 1*s.* 6*d.*, exclusive of decoration or garnish. Sufficient for 1 medium-sized mould.

PEACH PICKLE (South African Recipe).

Ingredients.—2 lbs. of dried peaches, ½ lb. of brown sugar, ½ lb. of salt, 2 ozs. of curry powder, 6 large onions sliced, 6 chilies shredded, 6 large pieces of ginger, 1 tablespoonful of pepper, 1 tablespoonful of mustard seeds, 1 tablespoonful of coriander seeds, 3 quarts of vinegar, salad oil.

Method.—Pour the vinegar over the peaches and let them soak for at least 12 hours. Fry the sliced onions in salad oil until well browned and drain well. Pound or crush the spices. Boil all together until the peaches are quite soft but unbroken, then turn into jars or pots, cover closely, and store for use.

Time.—About 15 hours. Average Cost, 3*s.* 6*d.* to 4*s.* Sufficient for about 5 quarts. Seasonable at any time.

PEACHES, COMPOTE OF

(*See* Compote of Fruit, and Fruit Stewed).

PEACHES, TO DRY (Canadian Recipe).

Ingredients.—Peaches (not quite ripe), an equal weight of sugar.

Method.—Scald and remove the skins, divide and stone the fruit. Place them on dishes, cover with sugar, let them remain for 24 hours, then put the whole into a preserving pan and simmer gently until clear. Turn into an earthenware vessel, after two days drain off, boil up, and replace the syrup, let them remain two days longer, then drain away the syrup, and dredge the peaches liberally with fine sugar. Leave them in single layers in a cool place until dry, then pack them in air-tight tins, with paper between each layer. Apricots, nectarines, or plums may be dried by this method.

Time.—5 or 6 days. Seasonable from August to September.

PEARS AND RICE.

Ingredients.—1 tin of preserved pears, 4 ozs. of rice, 2 ozs. of castor sugar, ¼ oz. of butter, about 1½ pints of milk, 2 eggs, the grated rind of ½ a lemon, salt, Maraschino or Curaçoa, if liked.

Method.—Pick, wash, and drain the rice, place it in a stewpan with a pint of milk, the castor sugar, lemon-rind, butter, and a good pinch of salt. Cook until tender, then stir in the yolks of the eggs, and when sufficiently cooked press the rice into a flat round mould, and invert on to a hot dish. Meanwhile, strain the syrup from the pears into a stewpan, add a little liqueur, if liked, or a few drops of vanilla essence, boil rapidly until considerably reduced, then put in the pears. Allow them to remain until thoroughly heated, then arrange them in a pyramidal form on the top of the rice, add a little syrup, sprinkle with castor sugar, and cover with the stiffly-whisked whites of eggs. Dredge well with castor sugar, and bake in a moderate oven until the meringue is hardened and slightly coloured.

Time.—About 1½ hours. Average Cost, 1*s*. 3*d*. to 1*s*. 6*d*. Sufficient for 6 or 7 persons.

PEARS, PRESERVED.

Ingredients.—8 lbs. of firm, sound pears, 6 lbs. of preserving sugar, the finely-grated rind and juice of 3 lemons, 2 inches of whole ginger.

Method.—Select a stew-jar with a close-fitting lid, cover the bottom to the depth of 1 inch with cold water, put in the fruit and sugar in layers, and add the ginger, lemon-rind, and lemon-juice. Cover closely, place the jar in a saucepan of boiling water, and cook slowly until the pears are quite tender, but not broken. Put them carefully into jars, strain the syrup over them, and cover with papers brushed over on both sides with white of egg. The pears will keep good for 3 or 4 months if stored in a cool, dry place.

Time.—From 5 to 6 hours. Average Cost, 1*d*. each.

PEAS AND KLEIS (Jewish Recipe).

Ingredients.—½ peck of green peas, 2 ozs. of butter, ¼ of a teaspoonful of sugar, 1 pint of thick batter (*see* Yorkshire Pudding), ½ a teaspoonful of chopped parsley, ginger, pepper and salt to taste.

Method.—Make the batter as directed, and when ready to use, add the parsley and ginger, pepper and salt to taste. Shell the peas, put them into a saucepan containing sufficient boiling water to cover them, add the sugar and a little salt, boil gently until soft, then pour away nearly all the water. Add the butter, pour the batter on the peas in tablespoonfuls, bring gently to boiling point, then simmer from 25 to 30 minutes.

Time.—To cook the batter, from 25 to 30 minutes. Average Cost, peas, 9*d*. to 1*s*. 6*d*. per peck. Sufficient, allow ½ peck to 2 or 3 persons. Seasonable, English peas from June to August.

PEAS, CREAMED (American Dish).

Ingredients.—1 pint of cooked green peas, salt, green mint, 3 or 4 tablespoonfuls of cream, pepper, castor sugar, finely-chopped parsley, butter.

Method.—Take the green peas (preserved ones may be used when fresh peas are not obtainable), heat them in boiling water containing salt and a sprig of green mint. Drain off the water and put the peas into the chafing dish with the cream. Season with salt and pepper, also a good pinch of castor sugar. Add a dessertspoonful of finely-chopped parsley, and stir carefully over the spirit flame until the peas and cream are thoroughly hot; the cream must not be allowed to boil. A little fresh butter may be added to the peas if liked.

Time.—10 minutes. Average Cost, 1*s*. to 1*s*. 6*d*. Sufficient for 2 or 3 persons. Seasonable at any time.

PEAS (French Style).

Ingredients.—1½ pints of shelled peas, 1 oz. of butter, 1 dessertspoonful of finely-chopped parsley, mint, salt and pepper.

Method.—Boil the peas as in the preceding recipe, drain off the water, and shake the saucepan over the fire until the greater part of the moisture has evaporated. Then put in the butter and parsley, season with pepper, toss over the fire for a few minutes, and serve.

Time.—From 20 to 35 minutes. Average Cost, from *6d.* per peck. Sufficient for 4 or 5 persons. Seasonable from May to September.

PEAS, GREEN.

Ingredients.—1 quart of cooked green peas, 2 ozs. of lean cooked ham cut into dice, 1 oz. of butter, 2 tablespoonfuls of good stock, 1 teaspoonful of flour, ½ a small onion finely chopped, a pinch of castor sugar, a pinch of grated nutmeg, salt and pepper.

Method.—Fry the onion until lightly browned in the butter, add the flour and ham, stir over the fire for a minute or two, then put in the peas, stock, sugar, and nutmeg. Season to taste, simmer for 10 minutes, stirring occasionally, then serve.

Time.—About 1 hour, altogether. Average Cost, 1*s.* 6*d.* Sufficient for 5 or 6 persons. Seasonable from May to September.

PEAS, GREEN, BOILED.

Ingredients.—Green peas, mint, butter, salt and pepper.

Method.—Shell the peas, put them into boiling water, add a little salt and a sprig of mint, and boil, with the saucepan uncovered, from 10 to 25 minutes, according to age and variety. Drain well, put them into a hot vegetable dish, season with pepper, add a small piece of butter, and serve.

Time.—From 10 to 25 minutes. Average Cost, from *6d.* per peck. Seasonable from May to September; most plentiful in July and August.

PEAS, GREEN, STEWED (French Dish).

Ingredients.—1 quart of peas, 1 lettuce, 2 ozs. of butter, pepper and salt to taste, 1 egg, ½ a teaspoonful of powdered sugar.

Method.—Shell the peas, and cut the lettuce into fine shreds; put these into a stewpan with the butter, pepper and salt, but no more water than that which hangs round the lettuce after washing it. Stew the whole very gently for rather more than 1 hour, then stir into the mixture a well-beaten egg, and about ½ a teaspoonful of powdered sugar. When the peas, etc., are nicely blended, serve, but after the egg is added, do not allow them to re-boil.

Time.—1¼ hours. Average Cost, from *6d.* per peck. Seasonable from May to September. Sufficient for 6 or 7 persons.

PEAS, TINNED, TO DRESS.

Ingredients.—1 pint of preserved peas, butter, mint, sugar, salt and pepper.

Method.—Strain the liquor from the peas, and wash and drain them well. Have ready a saucepan of boiling water, add 2 or 3 sprigs of mint, and when they have infused for 5 minutes, put in the peas, together with a little salt and a good pinch of sugar. Let the peas remain in the water for a few minutes, then drain them well, sprinkle them with pepper, and add a little cold butter. Or, instead of serving them plainly, dress them as directed under the heading Peas. When fresh mint is not procurable, serve the peas sprinkled with powdered mint.

TIME.—To heat the peas, about 10 minutes. AVERAGE COST, 9*d.* to 10*d.* SEASONABLE at any time.

PEASE PUDDING.

INGREDIENTS.—1½ pints of split peas, 2 ozs. of butter, 2 eggs, pepper and salt to taste.

METHOD.—Put the peas to soak over-night in water, and float off any that may be worm-eaten or discoloured. Tie them loosely in a clean cloth, leaving a little room for them to swell, and put them on to boil in cold rain-water, allowing 2½ hours after the water has simmered up. When the peas are tender, well rub them through a colander with a wooden spoon, and add the butter, eggs, pepper, and salt. Beat all well together for a few minutes, until the ingredients are well incorporated, then tie them tightly in a floured cloth, and boil the pudding for another hour. Turn it on to the dish, and serve very hot.

TIME. — Altogether, about 3½ hours. AVERAGE COST, 7*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

PEPPER.

This valuable condiment is produced from the seed of the berries of the plant known by the name of *Piper nigrum.* The plant, a species of climbing vine, is a native of the East Indies, and is extensively cultivated in Malabar and the eastern islands of Borneo, Sumatra, and Java, and also in Cayenne. The berries hang on the branches of the plant in bunches; in shape they resemble the grape, but each berry grows distinct on a little stalk like currants. The same plant produces both white and black pepper. The berries, when ripe, are bright red in colour, and each contains a single seed of globular form and brownish hue, which changes to nearly black when dried. This is the black pepper of commerce, white peppercorns being produced by steeping the dark berries in lime and water, and afterwards subjecting them to certain rubbing processes, by which their dark husks are removed.

PEPPER, KRONA.

This well-known condiment is made from the Hungarian *paprika*, capsicum pod, etc. It is bright-red in colour, with an agreeable flavour, and with less pungency than cayenne, and consequently may be regarded as an exceedingly useful combination of flavouring and seasoning ingredients.

PEPPER, MIGNONETTE.

This is ordinary white pepper with the husks removed and crushed finely, but not ground.

PEPPER SAUCE.

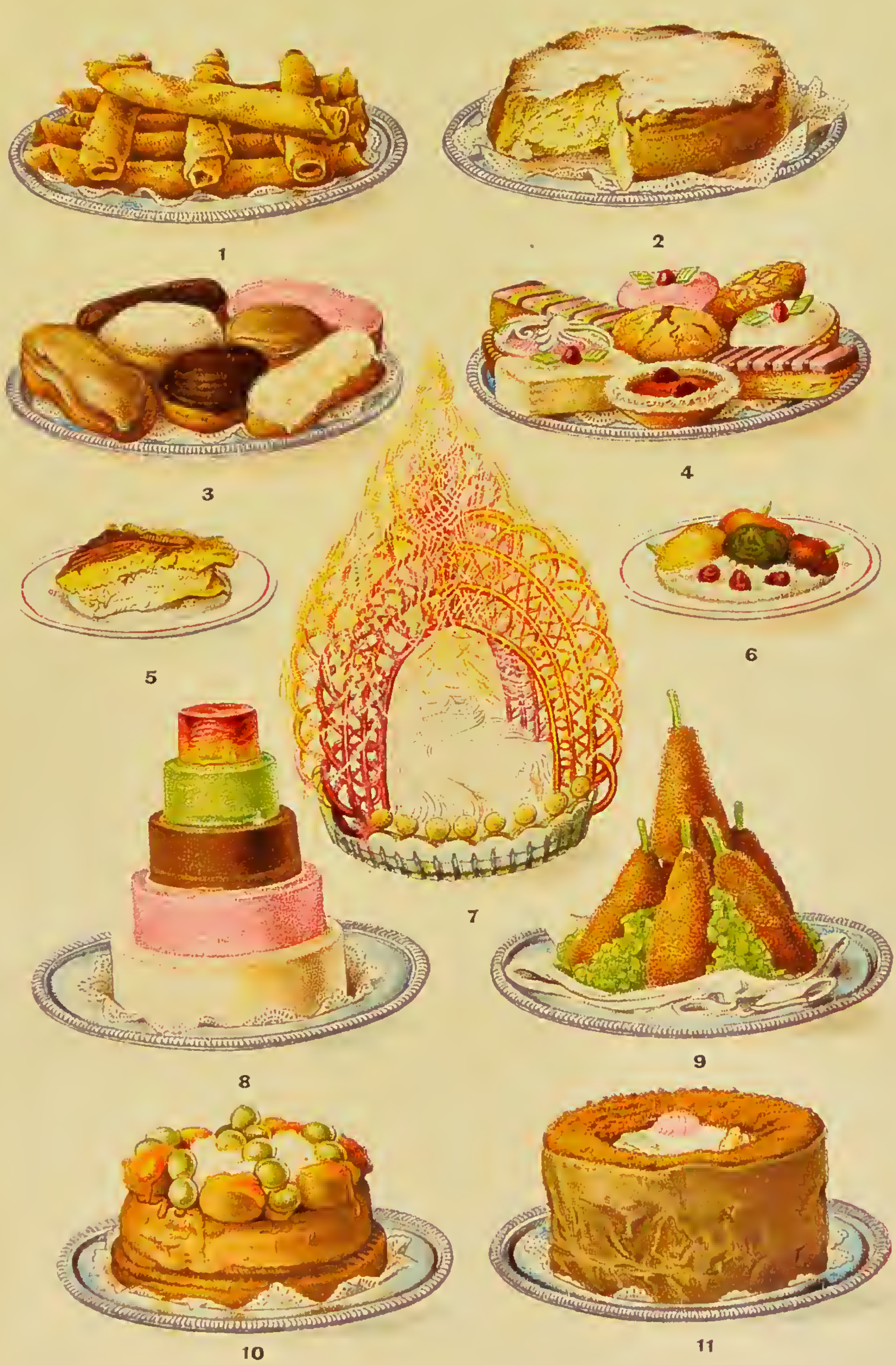
INGREDIENTS.—¾ pint of Espagnole sauce, ½ oz. of butter, ½ a small carrot, ½ a small onion, 18 peppercorns, 1 bay-leaf, a sprig of thyme, 2 cloves, ½ oz. of raw ham.

METHOD.—Mix the onion and carrot, cut the ham into small pieces, fry in the butter for 3 minutes, and add all the other ingredients. Skim, boil for 10 minutes, strain, and serve.

TIME.—From 15 to 20 minutes. AVERAGE COST, 1*s.* 2*d.*

PEPTONIZED BEEF TEA (For Invalids).

INGREDIENTS.—½ lb. of finely-shredded lean beef, 1 teaspoonful of liquor pancreaticus, 20 grains



SWEETS—1 Pancakes. 2 Rice and Apple Cake. 3 Eclairs. 4 Assorted Pastry. 5 Rice Pudding. 6 Stewed Fruits. 7 Sugar Trifle. 8 Pyramid Cream. 9 Croquettes of Rice. 10 Gâteau St. Honoré. 11 Simnel Cake.

of bi-carbonate of soda, ½ pint of water, a pinch of salt.

Method.—Put the water, beef, and bi-carbonate of soda into a stewpan, heat slowly to 140° F., stirring gently meanwhile, and keep at this temperature for about ½ an hour. Remove from the fire, and when it has cooled down to a lukewarm temperature add the liquor pancreaticus, and allow the vessel to remain covered in a warm place for about 1 hour. Then strain, bring to the boil, season to taste, and serve.

Time.—1¾ hours. Average Cost, 1*s.*

PEPTONIZED BEEF TEA JELLY (For Invalids).

Ingredients.—½ pint of peptonized beef tea, ½ oz. of sheet gelatine.

Method.—Make the beef tea as directed in the preceding recipe, then strain and bring to boiling point. Soften the gelatine in a little cold water, add it to the beef tea, and stir until dissolved. Strain into a mould previously rinsed with cold water, and keep in a cold place until set.

Time.—2 hours. Average Cost, 1*s.* 1*d.*

PEPTONIZED GRUEL (For Invalids).

Ingredients.—½ pint of thick gruel, ½ pint of fresh milk, 1 dessertspoonful of liquor pancreaticus, 20 grains of bi-carbonate of soda.

Method.—Make the gruel, from any farinaceous food preferred, and add to it the cold milk. Stir the liquor pancreaticus and bi-carbonate of soda at once into this warm preparation, cover, and keep it at the same temperature for about ½ an hour. Boil for a few minutes, sweeten and flavour to taste, then serve.

Time.—40 minutes. Average Cost, 5*d.*

PEPTONIZED MILK (For Invalids).

Ingredients.—½ pint of milk, ¼ pint of water, 1 dessertspoonful of liquor pancreaticus, 20 grains of bi-carbonate of soda.

Method.—Put the milk and water into an enamelled stewpan, heat it to 140° F., then pour it into a jug containing the liquor pancreaticus and bi-carbonate of soda. Cover the jug, wrap it in flannel, and let it stand in a warm, but not hot, place for 1 hour. Boil up to prevent the bitter taste becoming too much developed. Milk thus prepared can be used for various preparations, or it may be served as ordinary milk, either hot or cold.

Time. — 1½ hours. Average Cost, 4*d.*

PEPTONIZED SOUPS (For Invalids.)

Any purée or stock forming the basis of soup may be peptonized by adding to each pint 1 tablespoonful of liquor pancreaticus and 20 grains of bi-carbonate of soda. As soon as the right stage of peptonization is reached the soup should at once be boiled, otherwise an unpleasant bitter flavour will be imparted to the preparation.

PERCH, BOILED.

Ingredients.—4 perch, salt.

Method.—The peculiarity of the perch is the difficulty experienced in removing its scales. Sometimes it is boiled and the scales removed afterwards, but a better plan is to plunge the fish for 2 or 3 minutes into boiling water, and then scale it. Before boiling, the fish must be washed in warm water, cleaned, and the gills and fins removed. Have ready boiling water to cover the fish, add salt to taste, and boil them gently from 10 to 20 minutes, according to their size. Serve with Hollandaise or melted butter sauce.

TIME.—10 to 20 minutes. AVERAGE COST, 6*d.* to 1*s.* each. SUFFICIENT for 4 or 5 persons. SEASONABLE from May to February.

Note.—Tench may be boiled the same way, and served with the same sauces.

PERCH, FRIED.

INGREDIENTS. — 4 perch, egg, breadcrumbs, frying-fat, salt, pepper, flour.

METHOD.—Scale, clean, wash, and dry the fish thoroughly. Sprinkle with salt and pepper, dredge well with flour, brush over with beaten egg, and cover them with breadcrumbs. Have ready some hot fat, fry the fish until nicely browned, drain well, and serve with anchovy, shrimp, or melted butter sauce.

TIME.—About 20 minutes. AVERAGE COST, from 6*d.* to 1*s.* each. ALLOW 1 medium-sized fish to each person. SEASONABLE from May to February.

PHEASANT, BOILED.

INGREDIENTS. — 1 pheasant, 1 pint of oyster sauce. For the forcemeat: 12 sauce oysters, 2 tablespoonfuls of breadcrumbs, 1 tablespoonful of finely-chopped suet, ¼ teaspoonful of finely-chopped parsley, nutmeg, cayenne, and salt to taste, sufficient raw egg to bind.

METHOD. — Beard the oysters, strain the liquor, and add both to the dry ingredients with as much of the egg as is necessary to moisten the whole. Truss the bird in the same manner as a boiled fowl, and stuff the breast with the oyster forcemeat. Wrap it in a well-buttered paper, put it into boiling stock or water, to which must be added, when it re-boils, 1 onion, 1 carrot, ½ a small turnip, and a bouquet-garni (parsley, thyme, bay-leaf). Simmer gently from 40 to 60 minutes, according to size, then remove the trussing strings, and serve on a hot dish with a little of the oyster sauce poured over, and the remainder sent to table in a sauce-boat. If preferred, a purée of chestnuts may be substituted for the oyster forcemeat, or the bird may be dressed without forcemeat, and served with oyster or celery sauce.

TIME.—From 40 to 60 minutes. AVERAGE COST, 2*s.* 6*d.* to 4*s.* each. SEASONABLE from October 1 to February 12.

PHEASANT, BROILED.

INGREDIENTS.—1 pheasant, butter, egg, breadcrumbs, salt, cayenne, piquante, mushroom, Madeira, or other suitable sauce.

METHOD.—Divide the bird into neat joints, season with salt and a little cayenne, fry lightly in hot butter, and press between 2 dishes until cold. Then coat carefully with egg and breadcrumbs, and broil over a clear fire. As soon as the crumbs are set, brush over with warm butter, and repeat at frequent intervals during the process of grilling. Arrange in a pyramidal form on a hot dish, and serve the sauce in a sauce-boat.

TIME.—To grill, from 15 to 20 minutes. AVERAGE COST, 3*s.* to 4*s.* 6*d.* each. SEASONABLE from October 1 to February 12.

PHEASANT, CROQUETTES OF.

INGREDIENTS.—4 tablespoonfuls of finely-chopped cooked pheasant, ¼ pint of thick brown sauce, 2 eggs, breadcrumbs, salt and pepper.

METHOD.—Make the sauce as directed, add the minced pheasant, the yolk of 1 egg, salt and pepper, and stir briskly over the fire until the mixture thickens, then turn on to a plate. When cold, form into cork-shaped croquettes, coat with egg and breadcrumbs, and fry until nicely browned in hot fat. Drain well, pile on a hot dish covered with a folded serviette or dish-paper, garnish with crisply-fried parsley, and serve.

TIME.—Altogether, about 2 hours AVERAGE COST, 6*d*., exclusive of the pheasant. SEASONABLE from October 1 to February 12.

PHEASANT, CUTLETS OF.

INGREDIENTS.—1 large pheasant, 1 egg, breadcrumbs, butter or frying-fat, ½ pint of Espagnole sauce, salt and pepper.

METHOD.—Divide the birds into neat joints, and remove the bones, keeping the flesh as intact as possible. Season, flatten, and trim each piece of pheasant, fold the skin under, and form them into a good shape. Coat first with egg, and afterwards with breadcrumbs seasoned with salt and pepper, fry gently in hot fat or butter until sufficiently cooked and well browned, then drain well. Insert a small bone in each cutlet, put on a frill, and serve with the sauce poured round.

TIME.—To fry the cutlets, about 10 minutes. AVERAGE COST, small pheasants from 3*s*. to 4*s*. 6*d*. SUFFICIENT for 6 or 7 persons. SEASONABLE from October to February.

PHEASANT, ROASTED.

INGREDIENTS.—1 pheasant, ¼ lb. of beefsteak, fried breadcrumbs, bacon, brown gravy, bread sauce, watercress, salad-oil, salt and pepper.

METHOD.—Pluck and draw the bird, truss in the same way as a roast chicken, but leave the head on. Put the beefsteak inside the pheasant; the beefsteak is intended to improve the flavour of the bird and keep it moist, and not to be eaten with it, but it may afterwards be used in the preparation of some cold meat dish. Cover the breast with thin slices of bacon, or lard it with strips of fat bacon, and roast in front of a clear fire or in a moderate oven from 40 to 50 minutes, according to size and age. Baste frequently with butter, and when the cooking is about three-quarters completed remove the bacon, dredge the breast lightly with flour, and baste well to give the bird a nice light brown appearance. Remove the trussing strings, serve on a hot dish, garnished with watercress previously well washed, dried and seasoned with salt, pepper and salad-oil, and send the gravy, bread sauce, and fried breadcrumbs to table separately.

TIME.—From 40 to 50 minutes. AVERAGE COST, 3*s*. to 4*s*. 6*d*. each. SEASONABLE from October 1 to February 12.

PHEASANT, SALMIS OF.

INGREDIENTS.—1 pheasant, ½ a pint of brown sauce, 6 or 8 slices of goose liver, 6 or 8 slices of truffle, 2 or 3 ozs. of butter, 2 finely-chopped shallots, ¼ a teaspoonful of finely-chopped lemon-rind, ¼ of a teaspoonful of thyme, 1 bay-leaf, 1 glass of Madeira or Marsala wine, salt and pepper.

METHOD.—Pluck, draw and truss the bird for roasting. Baste it well with hot butter, roast in a quick oven for 30 minutes, basting frequently, then strain the butter used for basting into a stewpan. Divide the bird into neat joints, put the breast, wings and legs aside, and cut the remainder into small pieces. Re-heat the butter in the stewpan, put in the small pieces of pheasant, add the lemon-rind, shallots, bay-leaf, and thyme, fry well, then drain off the butter, return the pieces of pheasant to the stewpan. Heat up the brown sauce in a stewpan, add to it the wine, season to taste, and simmer for 10 minutes, then put in the pheasant. Meanwhile, re-heat the butter, fry the slices of liver, and drain them well. Arrange the pheasant in a silver or earthenware casserole, or stewpan, interspersed with slices of liver and truffle, pour the sauce over, garnish with glazed croûtes of fried bread and serve hot.

Time.—Altogether from 1¼ to 1½ hours. Average Cost, 5*s.* to 6*s.* 6*d.* Seasonable from October 1 to February 12.

PICCALILLI.

Ingredients.—Cauliflowers, onions, gherkins, French beans, capsicums, spiced vinegar, mustard, turmeric, curry-powder.

Method.—Divide the vegetables into convenient pieces, throw them into boiling brine sufficiently strong to float an egg, and cook for 3 minutes. Drain well, spread them on large dishes, and let them remain in the sun until perfectly dry. Prepare the vinegar as directed and add ½ oz. each of turmeric and curry-powder to each quart of vinegar. Also allow to each quart of vinegar 1 oz. of mustard, which must be mixed smoothly with a little cold vinegar, and afterwards stirred into the boiling vinegar, but not allowed to boil. Place the prepared vegetables in jars, cover them completely with vinegar, and, when quite cold, cover closely.

PICKERIL, TO COOK (Canadian Dish).

(*See* recipes for cooking Pike, which this fish resembles.)

PICKLE, SWEET (American Recipe).

Ingredients.—7 lbs. of peaches, pears, or plums, 4 lbs. of loaf or preserving sugar, 1 pint of good vinegar, 1 blade of mace, ½ an inch of cinnamon, 3 cloves.

Method.—Remove the skins, stones, or cores of the fruit, and place it in a preserving-pan with alternate layers of sugar. Bring very slowly to boiling point, then add the vinegar and spices, and boil for 5 minutes. Take out the fruit with a skimmer, draining it well from the syrup, and place it on dishes to cool. Boil the syrup gently until thick, removing any scum as it rises, and pour it boiling over the fruit, which should be previously packed closely in glass jars. Cork tightly and store in a cool, dry place. Examine frequently for the first month, and if there are any signs of fermentation, put into jars, uncovered, in a pan of water, and heat until they are scalding hot.

Time.—From 1 to 1½ hours. Average Cost, 4*s.* 6*d.* Sufficient for 11 lbs. of pickle. Seasonable from June to September.

PICKLES, MIXED.

Ingredients.—An equal weight of small mild onions, sour apples, and cucumbers, vinegar to cover. To each pint of vinegar add 2 tablespoonfuls of sherry, 1 teaspoonful of salt, ½ a teaspoonful of pepper, a good pinch of cayenne.

Method.—Peel and slice the onions, apples, and cucumbers thinly, put them into wide-necked bottles, add the seasoning and sherry, cover with vinegar, and cork closely. This pickle may be used the following day, and should not be kept for any length of time.

PICKLES, MIXED (Another Method).

INGREDIENTS.—1 lb. of onions, 1 lb. of apples, ¼ lb. of chilies, 1½ pints of white wine vinegar, 1 good tablespoonful of salt.

METHOD.—Chop the onions and apples coarsely, and the chillies finely. Boil the vinegar, add the salt, and when dissolved pour over the prepared ingredients. Turn into small jars, and when cold cover closely.

AVERAGE COST, 1*s*. 10*d*.

PIGEON PIE.

INGREDIENTS.—2 or 3 pigeons, 1 lb. of rump steak, ¼ lb. of ham or lean bacon, ¾ pint of good stock, 2 hard-boiled eggs, the yolk of 1 egg, puff paste, salt and pepper.

METHOD.—Cut each pigeon into 4 or more pieces, according to their size; cut the beef into small thin slices, the ham into strips, and the eggs into sections or slices. Put these ingredients into a piedish in layers, season well, and pour in stock to three-quarters fill the dish. Put on the cover (*see* Veal and Ham Pie), brush over with yolk of egg, bake in a quick oven until the paste is risen and set, then cook at a lower temperature for about 1 hour. Have ready a few of the pigeons' feet, scalded and the toes cut off, also the remainder of the stock. Before serving, pour in the stock through the hole in the centre of the pie, and replace the pastry ornament with the feet, fixing them in a nearly upright position. The pie may be served either hot or cold; if the latter, the stock must form a jelly when cold.

TIME.—About 1½ hours, to bake the pie. AVERAGE COST, 4*s*. to 4*s*. 6*d*. SUFFICIENT for 6 to 8 persons. SEASONABLE at any time.

PIGEONS, CURRIED.

INGREDIENTS.—2 pigeons, 2 ozs. of butter, ¾ pint of curry-sauce, boiled rice.

METHOD.—Make the sauce as directed, strain, replace in the stewpan, and keep hot until required. Divide each pigeon into 4 quarters, fry them in hot butter until well browned, and drain them free from fat. Put them into the sauce, let the stewpan stand for about ½ an hour, where its contents will remain just below simmering point, then serve with plainly-boiled rice handed round at the same time.

TIME.—To cook in the sauce, about ½ an hour. AVERAGE COST, pigeons 2*s*. 6*d*. to 3*s*. SUFFICIENT for 4 or 5 persons.

PIGEONS, CUTLETS OF, WITH SPANISH SAUCE.

INGREDIENTS.—3 pigeons, 6 ozs. of liver farce or stuffing, 1 pig's caul, ½ pint of Espagnole sauce, 1½ ozs. of butter, 1 white of egg, glaze, asparagus points, green peas, or other suitable vegetable.

METHOD.—Split the pigeons in halves, remove all bones except the leg bones, leave the feet attached, but cut off the tips of the toes; season well, fold the skin underneath, form the birds into a nice plump shape, fry lightly on both sides in hot butter and press between 2 dishes until cold. Wash the caul in salt and water and dry well before using. Mask one side of the cutlets with the prepared farce, enclose them in thin pieces of caul, brush over with white of egg, cover with a buttered paper, and cook in a moderate oven for about 20 minutes. Brush the pigeons over with liquid glaze, arrange them in an almost upright position on a potato border, fill the centre with the prepared vegetable, pour the hot sauce round, and serve.

TIME.—Altogether, 2 hours. AVERAGE COST, 4*s.* 6*d.* SUFFICIENT for 5 or 6 persons.

PIGEONS, DUCHESS STYLE.

INGREDIENTS.—Three pigeons (trussed), 4 or 5 ozs. of sausage meat, 1½ ozs. of butter, ½ pint of Espagnole sauce, eggs, breadcrumbs, frying-fat, vegetable garnish, peas, beans, or macedoine.

METHOD.—Cut the pigeons in halves, remove all the bones except the first bone of the leg, season well, and fold the skin under, shaping them as much as possible like plump cutlets. Fry them on both sides in clarified butter, press until cold, then mask the upper surface with sausage meat force. Coat with egg and breadcrumbs, fry until nicely browned in hot fat and drain well. Arrange neatly on a potato border, fill the centre with a dressed vegetable, pour the sauce round and serve.

TIME.—Altogether about 1½ hours AVERAGE COST, from 1*s.* to 1*s.* 6*d.* each. SUFFICIENT for 5 or 6 persons.

PIGEONS, GRILLED.

INGREDIENTS.—2 or 3 Bordeaux pigeons, salad-oil or oiled butter, salt and pepper.

METHOD.—Split the birds down the back, flatten them with a cutlet-bat, and skewer into shape. Brush over with oil or butter, season with salt and pepper, and grill over or in front of a clear fire from 15 to 20 minutes, turning frequently. Serve with tomato, piquante, brown, mushroom, or other suitable sauce.

TIME.—From 15 to 20 minutes. AVERAGE COST. 1*s.* to 1*s.* 6*d.* each. SUFFICIENT for 4 or 6 persons.

PIGEONS, JUGGED.

INGREDIENTS.—4 pigeons, veal forcemeat, 2 or 3 ozs. of butter, ½ pint of strong beef stock, 1 oz. of flour, 1 finely-chopped onion, 1 glass of port or claret, salt and pepper.

METHOD.—Truss the pigeons as if for roasting, fry them in hot butter until well browned, then place them in a stewjar. Brown the onion in the butter, turn both into the stewjar, add the stock, and a good seasoning of salt and pepper, and cover closely. Place the jar in a saucepan of boiling water, or, if more convenient, in the oven in a baking-tin filled with water, and cook slowly for 2 hours. Knead the flour and 1 oz. of butter together, divide it into small pieces, and add these to the contents of the jar about ½ an hour before serving. Shape the forcemeat into small balls, egg-crumb them, fry them in hot butter or fat, and drain well. Add the wine 15 minutes before serving. Serve with the sauce poured over, and garnish with the fried forcemeat balls.

TIME.—About 2½ hours. AVERAGE COST, pigeons from 1*s.* to 1*s.* 6*d.* SUFFICIENT for 6 to 8 persons. SEASONABLE at any time.

PIGEONS, POTTED
(*See* Chicken Potted).

PIGEONS, ROASTED.

INGREDIENTS. — Pigeons, bacon, watercress, salad-oil, salt and pepper, Espagnole, tomato, or piquante sauce, croûtons of fried bread.

METHOD.—Draw and truss the birds, cover each breast with a slice of larding bacon, and roast before a clear fire or in a brisk oven for about 20 or 30 minutes, according to age and size. Baste frequently, and a few minutes before serving remove the bacon to allow the breasts to brown. Remove the trussing strings, replace the bacon, serve each bird on a croûton, garnish with watercress previously washed, dried, and seasoned with salt, pepper, and salad-oil, and serve the sauce in a sauceboat.

Time.—From 20 to 30 minutes. Average Cost, 1*s.* to 1*s.* 6*d.* each. Sufficient, allow 1 bird for 2 persons.

PIGEONS, STEWED.

Ingredients.—3 pigeons, ¾ pint of Espagnole sauce, 1 glass of claret, 1 oz. of butter, ½ pint of shelled peas, 12 button onions, 6 or 7 very small carrots, salt and pepper, croûte of fried bread, 1½ inches in thickness.

Method.—Cut each pigeon into 4 pieces, and fry them brown in the butter. Have ready the hot Espagnole sauce, put in the pigeons and claret, cover closely, and stew gently for about 35 minutes, or until the birds are tender. Strain the butter into a small stewpan, put in the onions, and cook until tender and well browned. Boil the carrots and peas separately, and drain them well. Arrange the pigeons on the croûte, strain the sauce over, group the onions, peas, and carrots tastefully round the dish, and serve.

Time.—To cook the pigeons, about 35 minutes. Average Cost, from 4*s.* 6*d.* to 5*s.* Sufficient for 5 or 6 persons.

PIGEONS WITH OLIVES.

Ingredients.—2 pigeons, 24 stoned French olives, ¾ pint of Espagnole sauce, 1½ ozs. of butter, stock.

Method.—Divide each pigeon into quarters, and fry them brown in the butter. Have the sauce ready in a stewpan, put in the pigeons, cover closely, and cook them very gently for about 40 minutes, or until tender. Meanwhile, braise or stew the olives in a little good stock. Serve the pigeons on a hot dish, with the sauce strained over and the olives grouped at the base.

Time.—About 1 hour. Average Cost, 3*s.* to 3*s.* 9*d.* Sufficient for 4 persons. Seasonable at any time.

PIG'S CHEEK.

Ingredients.—A pig's cheek, brown breadcrumbs.

Method.—If the cheek has been cured and dried, soak it for 5 or 6 hours; if freshly pickled, simply wash it in 2 or 3 waters. Cover with warm water, bring to the boil, and simmer gently for 2½ hours. Strip off the skin, cover rather thickly with lightly-browned breadcrumbs, and bake in the oven for ½ an hour. Serve either hot or cold.

Time.—To cook, 3 hours. Average Cost, 8*d.* per lb. Seasonable in winter.

PIG'S CHEEKS, TO CURE.

Ingredients.—Salt, ½ oz. of saltpetre, 2 ozs. of bay-salt, 4 ozs. of coarse sugar.

Method.—Cut out the snout, remove the brains, and split the head, taking off the upper bone to make the jowl a good shape. Rub it well with salt; next day take away the brine, and salt it again the following day. Cover the head with saltpetre, bay-salt, and coarse sugar in the above proportion, adding a little common salt. Let the cheeks be often turned, and when it has been in the pickle for 10 days, smoke it for 1 week or rather longer.

Time.—To remain in the pickle, 10 days; to be smoked, 1 week. Average Cost, 6*d.* per lb.

PIG'S CHEEKS, TO PICKLE.

Ingredients.—2 pig's cheeks. For the pickle: 4 ozs. of common salt, 4 ozs. of moist sugar, 1 oz. of saltpetre, ½ oz. of ground pepper.

Method.—Remove the brains and snout, and chop off the upper bone, to make the cheeks a good shape. Wash well, sprinkle thickly with salt, let them lie for 24 hours, then wash and drain well. Mix the above ingredients together, rub them well into the cheeks, and turn and rub them daily for 4 weeks. Hang in a dry, cool place until required.

Time.—29 days. Average Cost, *7d.* to *8d.* per lb.

PIG'S EARS.

Ingredients.—4 pig's ears, 4 tablespoonfuls of breadcrumbs, 2 tablespoonfuls of finely-chopped veal, 2 tablespoonfuls of finely-chopped suet, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of essence of anchovy, 1 egg, salt and pepper, ½ pint of brown sauce, ¼ pint of stock, frying-fat.

Method.—Soak the ears for 5 or 6 hours, then cover with stock or water, and simmer gently for 1½ hours. Mix the breadcrumbs, veal, suet, parsley, anchovy essence, and a good seasoning of salt and pepper together, and slightly moisten with beaten egg. Raise the skin of the upper side of the ear, press the forcemeat lightly in, and secure the opening. Fry in hot fat until lightly browned, then drain off the fat, add the stock, cover closely, and cook either on the stove or in the oven for ½ an hour. Drain well, and serve with the sauce poured over them.

Time.—About 2 hours. Average Cost, uncertain. Sufficient for 2 or 3 persons. Seasonable in winter.

PIG'S EARS WITH TARTARE SAUCE.

Ingredients.—Pig's ears pickled, frying-batter, Tartare sauce, butter or frying-fat, salad-oil, finely-chopped shallot and parsley, salt and pepper.

Method.—Boil the ears until tender, let them cool, then sprinkle them lightly with shallot and parsley, and liberally with pepper. Pour over them 2 or 3 tablespoonfuls of salad-oil, let them remain for 1 hour, turning and basting them frequently. Drain well, dip them into the batter, and fry in hot butter or fat until crisp and brown. Serve the sauce separately.

Time.—To fry, 4 or 5 minutes. Average Cost, uncertain, the ears being seldom sold separately.

PIG'S FEET, AND EARS FRICASSEED.

Ingredients.—4 pig's feet, 2 pig's ears, a slice of onion, a small blade of mace, a thin strip of lemon-rind, white stock or milk. For the sauce: 2 ozs. of butter, 1½ ozs. of flour, ¾ pint of white stock, salt and pepper.

Method.—Wash the feet and ears, cover them with white stock or milk, add the onion, mace, lemon-rind, and salt and pepper to taste. Simmer until tender, then cut the feet into neat pieces, and the ears into strips. Heat the butter in a stewpan, add the flour, stir and cook slowly for 5 or 6 minutes, then add the stock or liquor in which the feet and ears are cooked. Boil up, season to taste, simmer gently for 10 minutes, then put in the prepared feet and ears, and when thoroughly hot, serve.

Time.—About 2½ hours. Average Cost, uncertain. Sufficient for 3 or 4 persons.

PIG'S FEET AND EARS IN JELLY.

INGREDIENTS.—4 pig's feet, 2 pig's ears, 1 dessertspoonful of finely-chopped parsley, ½ a dessertspoonful of finely-chopped fresh sage, salt and pepper.

METHOD. — Thoroughly cleanse the feet and ears, cover them with cold water, and simmer gently until the bones can be easily withdrawn. Cut the meat into dice, replace it in the liquor, add the parsley, sage, and salt and pepper to taste. Simmer gently for 15 minutes, then turn into a mould or basin, and put aside until cold.

TIME.—About 3 hours. AVERAGE COST, uncertain. SUFFICIENT for 1 medium-sized mould. SEASONABLE in winter.

PIG'S FEET, STUFFED.

INGREDIENTS.—4 pig's feet, 1 tablespoonful of flour, 1 egg, breadcrumbs. For the stuffing: 2 tablespoonfuls of cooked and finely-chopped onion, 1 small tablespoonful of breadcrumbs, ½ a teaspoonful of powdered sage, 1 tablespoonful of oiled butter, ½ a teaspoonful of made] mustard, ½ a teaspoonful of salt, ¼ of a teaspoonful of pepper.

METHOD.—Put the feet into a stewpan with a teaspoonful of salt, cover with cold water, and boil gently for about 3 hours. When done, split the feet, remove the bones, and press the forcemeat made of the above ingredients into the cavities. Replace the halves together, and press between 2 dishes with a heavy weight on the top until cold. When ready for use, cut the feet into slices about 1 inch in thickness, roll each piece in flour, brush over with egg, coat with breadcrumbs, and fry until nicely browned in hot fat. Or, if preferred, fry them in a little hot butter in a sauté-pan. Garnish with fried parsley before serving.

TIME.—5 or 6 hours. AVERAGE COST, 1*s.* to 1*s.* 6*d.* SUFFICIENT for 5 or 6 persons.

PIG'S FRY.

INGREDIENTS.—A pig's fry, which consists of the heart, lights, liver and sweetbread, frying-fat, flour, salt and pepper, sage.

METHOD. — Wash the fry well, cover it with water, add a little salt, and cook gently for ½ an hour. Drain and dry well, cut into thin slices, and coat them lightly with flour seasoned with salt, pepper, and a little sage. Fry in hot fat until nicely browned, then remove and keep hot. Sprinkle a little flour on the bottom of the frying-pan, let it brown, then pour in a little boiling water, and add seasoning to taste. Boil up, strain, and serve round the fry, or separately.

TIME —From 1 to 1¼ hours. AVERAGE COST, 6*d.* to 7*d.* per lb. ALLOW 1 lb. for 4 or 5 persons. SEASONABLE in winter.

PIG'S HEAD, BOILED.

INGREDIENTS.—A pig's head, 1 lb. of common salt, 1 oz. of saltpetre, pease pudding.

METHOD.—Scald and cleanse the head thoroughly, removing the hair, eyes, snout, and brains. Soak in strong salt and water for 24 hours, changing the water 2 or 3 times, then drain and dry well. Mix the salt and saltpetre together, rub it well into every part of the head, and repeat this process daily for 5 or 6 days. Drain the head from the brine, place it in a stewpan containing sufficient warm water to cover it, bring to the boil, and skim well. Simmer gently for 3½ hours, then serve with the pease pudding.

TIME.—To cook, about 3½ hours. AVERAGE COST, *7d.* to *8d.* per lb. SUFFICIENT for 7 or 8 persons. SEASONABLE in winter.

PIG'S HEAD, COLLARED.

INGREDIENTS.—A pig's head, 1 lb. of common salt, 1 oz. of saltpetre, cayenne, salt and pepper.

METHOD.—Prepare the head as directed in the preceding recipe, boil it gently for 2 hours, then drain from the liquor and remove the bones, flatten the head as much as possible, sprinkle it liberally with pepper and cayenne, and roll up tightly. Put the roll into a cloth, and bind securely. Replace it in the stewpan, boil gently for 2 hours longer, press until cold, and use as required.

TIME.—About 4 hours. AVERAGE COST, *7d* to *8d.* per lb. SEASONABLE in winter.

PIG'S KIDNEYS, BROILED.

INGREDIENTS.—Pig's kidneys, salt and pepper, powdered sage, salad-oil, maître d'hôtel butter, or parsley butter.

METHOD. — Split the kidneys lengthwise, remove the skin, and pass a skewer through them to keep them flat. Brush over with salad-oil, sprinkle with sage, salt and pepper, and broil over a clear fire, cooking the cut side first. Place a small pat of maître d'hôtel butter in the centre of each half, and serve as hot as possible.

TIME.—5 to 7 minutes, according to size. AVERAGE COST, *4d.* to *6d.* each.

PIG'S KIDNEYS, FRIED.

INGREDIENTS.—2 pig's kidneys, 2 ozs. of butter, 2 shallots or 1 small onion finely-chopped, 1 teaspoonful of finely chopped parsley, flour, salt and pepper. 1 tablespoonful of mushroom ketchup.

METHOD.—Remove the skins, and cut the kidneys across into rather thin slices. Heat the butter in a sauté-pan, fry the shallots until lightly browned, then put in the kidney, and add the parsley and a good seasoning of salt and pepper. Toss over the fire for 3 or 4 minutes, then turn on to a hot dish. Sprinkle a little flour on the bottom of the pan, let it brown, then add a little boiling stock or water and seasoning to taste. Boil up, pour over or round the kidney, and serve.

TIME.—To fry, 3 or 4 minutes. AVERAGE COST, *4d.* to *6d.* each.

PIG'S PETTITOES, FRIED.

INGREDIENTS.—4 or 8 sucking-pigs' feet, frying-batter, stock, frying-fat, parsley.

METHOD.—Wash the pettitoes thoroughly, then cover them with stock or water, bring to the boil, and simmer gently for about ½ an hour. Split them open, dip them into the batter, and fry in hot fat until nicely browned. Drain, and serve garnished with crisply-fried parsley.

TIME.—About 1 hour. AVERAGE COST, uncertain, being seldom sold separately.

PIG'S PETTITOES, STEWED.

INGREDIENTS. — 8 sucking-pigs' feet, the heart and liver of the pig, 1 oz. of butter, 1 tablespoonful of flour, 1 tablespoonful of cream, 6 peppercorns, a small blade of mace, salt and pepper, stock.

METHOD.—Wash the liver, heart, and pettitoes, cover with stock, add the peppercorns and mace, and simmer gently for 20 minutes. Take out the heart and liver and chop them finely, the pettitoes being meanwhile allowed to cook slowly until quite tender. Heat the butter in a stewpan, add the flour, stir and cook gently for 5 minutes, then strain and add ½ pint of stock. Stir until boiling, season to taste, put in the mince and pettitoes, make thoroughly hot, and stir in the cream. Serve the mince on a hot dish with the feet halved and laid on the top of it.

TIME.—About 45 minutes. AVERAGE COST, uncertain, being seldom sold separately. SUFFICIENT for 2 or 3 persons. SEASONABLE in winter.

PIG'S TONGUES.

INGREDIENTS.—8 or 9 pigs' tongues. For the pickle: 4 ozs. of common salt, 2 ozs. of bay salt, 1 oz. of moist sugar, ½ oz. of saltpetre.

METHOD.—Trim the roots of the tongues, rub them well with salt, and let them lie for 24 hours. Mix the above ingredients together, rub the mixture well into the tongues, and repeat this process daily for 9 or 10 days. When ready, the tongues should be well washed, and cooked according to directions given for dressing sheep's tongues.

TIME.—To pickle, 9 or 10 days. AVERAGE COST, uncertain, being seldom sold separately.

PIKE, BAKED.

INGREDIENTS. — 1 small pike (about 4 lb.), 4 ozs. of veal forcemeat, 1 egg, brown breadcrumbs, butter, or fat for basting.

METHOD.—Wash, clean, and scale the fish, and remove the fins and gills. Fill the inside with forcemeat, sew up the opening, brush over with beaten egg, and cover with breadcrumbs. Sometimes the fish is trussed in a round shape, the tail being fastened in the mouth by means of a skewer. Before putting the fish in the oven it should be well basted with hot fat or butter, and as this fish is naturally dry it must be frequently basted, and kept covered with a greased paper while cooking. Bake gently from 40 to 45 minutes, and serve with a suitable sauce.

TIME.—Altogether, about 1 hour. AVERAGE COST, about 2*s.* 6*d.* SUFFICIENT for 8 to 10 persons. SEASONABLE from September to February.

PIKE, BOILED.

INGREDIENTS.—1 pike, salt, vinegar.

METHOD. — Pour boiling water over the fish until the scales look dull, then plunge it into cold water, and remove the scales at once with the back of a knife. Empty the fish, remove the gills and fins, and wash well. Have ready a fish-kettle of warm water, add salt and vinegar to taste, put in the fish, and boil gently until the fish separates easily from the bone (one weighing 4lb. would require about 25 or 30 minutes). Serve with Hollandaise, anchovy, or melted butter sauce.

TIME.—According to size, from ½ to 1 hour. AVERAGE COST, 3*d.* to 6*d.* per lb. SUFFICIENT for 8 persons. SEASONABLE from September to February.

PIKE, CRIMPED AND FRIED.

INGREDIENTS.—Pike, egg, breadcrumbs, frying-fat, salt, piquante, anchovy, or brown caper sauce.

METHOD.—Pike for this purpose should be fairly large and quite fresh. Scale and clean the fish thoroughly, cut it into ½-inch slices, and cover these with very cold water. Let them remain until the flesh becomes sufficiently firm, then dry well, and rub lightly with flour seasoned with salt and pepper. Brush over with beaten egg, coat carefully with breadcrumbs, and afterwards fry in hot fat until lightly browned. Drain well, garnish with crisply-fried parsley, and serve the sauce separately.

Time.—½ an hour. Average Cost, 3*d.* to 6*d.* per lb. Seasonable at its best, from September to March.

PIKE, STEWED.

Ingredients. — 1 small pike, slices of bacon, 1 oz. of butter, ½ pint of stock or water, 1 glass of sherry, salt and pepper.

Method.—Wash, clean, and dry the pike, place it in a stewpan, in which the butter has been previously melted, and cover with slices of bacon. Put on a close-fitting lid, let the fish cook in the steam for 15 minutes, then add the stock and wine, and season to taste. Simmer very gently for about ½ an hour, then serve on a hot dish with the gravy strained round.

Time.—To stew, about ½ an hour. Average Cost, 3*d.* to 6*d.* per lb. Seasonable from September to March.

PILAU OF FOWL (Indian Recipe).

Ingredients.—1 fowl, 1 lb. of lean mutton, ½ lb. of rice, 6 onions, ¼ lb. of ghee or butter, 12 black peppercorns, 10 cloves, 10 cardamoms, 2 blades of mace, 3 currypak leaves, ¾ oz. of green ginger, 5 quarts of cold water, 1 dessertspoonful of salt, hard-boiled eggs.

Method.—Slice the mutton, put it into a stewpan with 4 onions cut in halves, the water, and salt, and bring to the boil. Skim if necessary, put in the fowl, cook gently until tender, then put aside until required. Let the contents of the stewpan continue to simmer until the liquor is reduced to ⅓ its original quantity, then strain and press the meat well so as to extract all the juices. Slice the remaining onions, fry them brown in ghee previously heated in a stewpan, then drain them from the fat. Re-heat the fat and fry the fowl, turning it frequently to equalise the cooking. When well browned remove it and fry the rice, which must be previously washed and thoroughly dried. Add the peppercorns, cloves, cardamoms, mace, currypak leaves, green ginger thinly sliced, a little salt if necessary, and as the butter becomes absorbed add gradually the liquor in which the fowl and meat were cooked. When the rice is tender, draw the stewpan aside, put in the fowl with the rice piled over and round it, and let it remain until some of the moisture has evaporated, leaving the rice swollen and moderately dry. Serve the fowl imbedded in rice, and garnished with hard-boiled eggs cut in quarters.

Time.—3 hours. Sufficient for 7 or 8 persons. Average Cost, 4*s.* 6*d.*

PILAU OF MUTTON (Indian Recipe).

Ingredients.—2½ lbs. of lean mutton, 2 lbs. of rice, ½ lb. of onions sliced, ¼ lb. of ghee or butter, 1 oz. of raisins stoned, 1 oz. of almonds blanched, 1 oz. of pistachio nuts blanched, 1 oz. of dried apricots sliced, ½ oz. of green ginger thinly sliced, ¼ of a teaspoonful of ground cinnamon, ⅛ of a teaspoonful each of ground cloves, ground cardamoms, cumin seeds, and black pepper, 6 eggs, salt.

Method.—Mince ¼ of the meat finely, and cut the rest into slices convenient for serving. Put the sliced meat into a stewpan, add the onions and ginger, the coriander and 1 teaspoonful of salt, cover with cold water, cook very gently until the meat is tender, then strain off the stock. Meanwhile, the rice should have been well washed, parboiled, and drained: now put it into the stewpan with the stock, and simmer until the rice is tender, and the stock has become evaporated or absorbed. Heat ⅓ of the ghee in another stewpan, put in the slices of meat, sprinkle over them the ground cloves, cumin seeds, and a little cinnamon and cardamom, then toss over the fire for a few minutes. Spread the prepared rice over the meat, pour on a little melted ghee, cover closely, and cook very gently for ½ an hour. Heat the remaining ghee in another pan, put in the minced mutton with a little salt, and toss it over the fire until lightly browned. Add the rest of the flavouring ingredients, the raisins, almonds, pistachios, apricots, and a well-beaten egg, and stir by the side of the fire for a few minutes. Serve the slices of meat imbedded in the rice, spread the minced preparation on the top, and garnish with the remaining eggs either fried or poached.

Time.—2½ hours. Sufficient for 5 to 8 persons. Cost, 3*s.* 2*d.*

PILAU OR PILLOFF (Indian Recipe).

Ingredients.—1 chicken, 4 ozs. of butter or ghee, 4 ozs. of rice, 2 green mangoes sliced, 4 or 5 onions sliced, 2 doz. stoned raisins, 1 doz. almonds coarsely shredded, 3 hard-boiled eggs, salt, cloves.

Method.—Truss the chicken as for boiling, fry it in 3 ozs. of butter or ghee until the whole surface is lightly browned, then add the mangoes and onions. Fry gently for 10 or 15 minutes longer, barely cover with white stock or water, add 6 cloves and salt to taste. Simmer gently for ¾ of an hour, then transfer to a baking vessel, baste with hot ghee, and roast gently for nearly an hour. Meanwhile boil the rice in the stock until tender, then strain and reduce the stock by rapid boiling. Place the rice in a small pan, add 1 oz. of butter, the raisins, and almonds, and make thoroughly hot. Serve with rice round the chicken, garnish with sections of egg, and serve some of the well-reduced sauce separately.

Time.—2 hours. Sufficient for 4 or 5 persons. Cost, 3*s.* 6*d.*

PILCHARDS.

Pilchards are rarely found on the British shores, except at St. Ives, Mount's Bay, Mevagissy, and one or two other places on the coast of Cornwall and Devon. The pilchard may be distinguished from the herring by the fin, which is exactly in the middle of the back, while in the herring it is nearer to the tail. The taste of the pilchard is similar to that of the herring, but it is more oily. Pilchards quickly lose their freshness, and therefore are not often sent uncured to any great distance from the places where they are caught. In a cured condition they are largely exported. Pilchards may be dressed according to the directions given for cooking herrings.

PINEAPPLE CREAM.

Ingredients.—½ pint of cream, 1 gill of water, ⅓ pint of pineapple purée, 2 good tablespoonfuls of pineapple cut into dice, 1½ ozs. of castor sugar, ½ oz. of leaf gelatine, 1 teaspoonful of lemon-juice.

Method.—Whip the cream stiffly, stir it lightly into the pineapple purée, and add the pineapple dice. Dissolve the gelatine and sugar in the water, add the lemon-juice, and when sufficiently cool, stir it lightly into the cream, etc. Pour into the prepared mould, and set on ice or in a cold place until firm.

Time.—From 30 to 40 minutes. Average Cost, 1*s.* 9*d.* to 2*s.* Sufficient for 1 medium-sized mould.

PINEAPPLE CREAM ICE.

Ingredients.—1 pint of custard (*see* Custard for Cream Ices), ½ lb. of finely-chopped preserved pineapple, ½ gill of pineapple syrup, 1 teaspoonful of lemon-juice.

Method.—Pass the pineapple through a fine sieve, and mix with it the syrup and lemon-juice. Make the custard as directed, and when cool stir in the pineapple preparation, and freeze in the usual way.

Time.—From 40 to 50 minutes. Average Cost, 1*s.* 3*d.* to 2*s.* 3*d.*, according to the custard selected. Sufficient for 7 or 8 persons.

PINEAPPLE FRITTERS

(*See* Apple Fritters, Apricot Fritters, and Banana Fritters).

PINEAPPLE MARMALADE.

Ingredients.—Pineapple pulp. To each lb. add 14 ozs. of loaf sugar.

Method.—Peel, core, and slice the pineapples, and either pound or grate them finely, preferably the latter. Boil the pulp and sugar together until thick and clear, then turn into pots, cover first with brandied paper, and afterwards with parchment. Store in a cool, dry place.

Time.—2 to 3 hours. Average Cost, from 2*s.* each.

PINEAPPLE PLOMBIÈRE.

Ingredients.—1 quart of cream, 6 yolks of eggs, 4 ozs. of sugar, 3 tablespoonfuls of pineapple dice, 3 tablespoonfuls of pineapple syrup, vanilla essence.

Method.—Boil up 1½ pints of the cream, pour it over the yolks of eggs, previously well beaten, add the sugar and pineapple syrup, and replace the mixture in the saucepan. Stir and cook gently by the side of the fire for a few minutes, then strain, and, when cold, freeze. When the mixture is half frozen, add the pineapple dice, a little vanilla essence, and the cream stiffly whipped.

Time.—About 1 hour. Average Cost, 4*s.* to 4*s.* 9*d.* Sufficient for 10 or 12 persons.

PINEAPPLE, PRESERVED.

Ingredients. — Pineapples, pounded loaf or castor sugar.

Method.—Pare and slice the fruit thinly, pile it on a large dish, and sprinkle each layer liberally with sugar. Keep it in a hot closet, or put it daily for 7 or 8 days into a cool oven, turning it frequently. When quite dry, bake a few slices at a time, in a moderately-hot oven. When quite cold, pack them in air-tight boxes with paper between each layer.

Time.—About 8 days. Average Cost, from 2*s.* each.

PINEAPPLE SHERBET.

Ingredients. — 1 pineapple, either fresh or preserved, 2 quarts of water, the juice of 4 lemons, ice, sugar to taste.

Method.—Cut the pineapple into slices, and chop it coarsely. Pour over it the cold water, add the lemon-juice, sweeten to taste, and strain into a larger jug. Just before serving add a few pieces of ice.

PINEAPPLE SOUFFLÉ.

Ingredients.—Preserved pineapple, 4 ozs. of Vienna flour, 4 ozs. of castor sugar, 4 ozs. of butter, ½ pint of milk, 3 eggs, 2 inches of vanilla pod, angelica.

Method.—Bring the milk and vanilla pod to boiling point, then draw the stewpan aside for ½ an hour for the contents to infuse. Meanwhile heat the butter in another stewpan, stir in the flour, cook over the fire for 4 or 5 minutes, then add the strained milk, and stir and boil well. Let it cool slightly, then beat in the yolks of eggs, add the sugar, 2 good tablespoonfuls of pineapple cut into small dice, and very lightly stir in the stiffly-whisked whites of eggs. Have ready a well-buttered soufflé-mould with the bottom decorated with strips, circles, or other fancifully-cut pieces of angelica and pineapple, pour in the mixture, cover with a buttered paper, and steam very gently from 45 to 60 minutes. Unmould and serve as quickly as possible, with pineapple or other suitable sweet sauce.

TIME.—From 1 to 1¼ hours, altogether. AVERAGE COST, 1*s.* 6*d.* to 1*s.* 9*d.* SUFFICIENT for 5 or 6 persons.

PIQUANTE OR SHARP SAUCE.

INGREDIENTS.—½ pint of brown sauce, 2 tablespoonfuls of vinegar, 1 tablespoonful of capers cut in two, 1 tablespoonful of gherkin coarsely chopped, 1 small onion finely chopped, salt and pepper.

METHOD.—Put the onion and vinegar into a small saucepan, let them boil until considerably reduced, then add the brown sauce, capers, gherkin, salt and pepper if necessary, bring to the boil, simmer for 5 minutes, and serve.

TIME.—About ½ an hour. AVERAGE COST, 7*d.*

PISTACHIO CREAM.

INGREDIENTS.—1 pint of cream, 4 ozs. of pistachio nuts, 2 ozs. of castor sugar, 1 oz. of leaf gelatine, a little sap-green liquid colouring.

METHOD.—Blanch, skin, and chop the pistachios finely. Dissolve the gelatine and sugar in 3 tablespoonfuls of water. Whip the cream stiffly, add the gelatine when cool, the pistachios, and sap-green drop by drop, until the desired colour is obtained. Pour into a decorated mould, and let it remain on ice or in a cold place until firmly set.

TIME.—About ½ an hour. AVERAGE COST, 3*s.* 9*d.* to 4*s.* 3*d.* SUFFICIENT for 1 medium-sized mould.

PISTACHIO CREAM ICE.

INGREDIENTS.—1½ pints of custard (*see* Custard for Cream Ices), 4 ozs. of pistachio nuts blanched and pounded, 1 tablespoonful of noyeau, orange-flower water, spinach-greening.

METHOD.—While pounding the pistachio nuts add gradually a little orange-flower water. As soon as the custard is cold, add the noyeau and a little spinach extract, and when partially frozen stir in the pistachio nuts.

TIME.—About 1 hour. AVERAGE COST, 2*s.* 9*d.* to 3*s.* SUFFICIENT for 7 or 8 persons.

PISTACHIOS AND ALMONDS (To Peel).

Cover the nuts with boiling water, let them remain for 6 or 7 minutes, then strain, replace them in the basin, and cover with cold water. When cool, drain well, and remove the skins by pressing each nut between the thumb and fore-finger. Dry well on a sieve, and use as required.

PLAICE, BAKED.

INGREDIENTS.—1 medium-sized plaice, 2 tablespoonfuls of white breadcrumbs, 1 tablespoonful of finely-chopped suet, 1 dessertspoonful of finely-chopped parsley, ¼ of a teaspoonful of mixed herbs, a pinch of nutmeg, salt and pepper, 1 egg, pale browned breadcrumbs, a little fat or butter, milk.

METHOD.—Mix the white breadcrumbs, suet, parsley, herbs, and nutmeg together, season well with salt and pepper, add ½ the egg, and enough milk to thoroughly moisten the whole. Make an incision down the centre of the fish as for filleting, raise the flesh each side as far as possible, and fill with the forcemeat. Instead of drawing the sides of the fish close together, fill up the gap with forcemeat, and, with a knife, flatten the surface to the level of the fish. Brush over with the remaining half of the egg, cover lightly with the pale browned breadcrumbs, place a few small pieces of butter on the top, and bake from 20 to 30 minutes in a moderate oven. Serve with a suitable sauce.

TIME.—To prepare and cook, from 35 to 40 minutes. AVERAGE COST, 1s. to 1s. 6*d.* SUFFICIENT for 3 or 4 persons. SEASONABLE all the year.

Note.—The forcemeat may be varied by using shrimps or oysters (*see* Fish Cakes).

PLAICE, FRIED.

INGREDIENTS.—1 medium-sized plaice, egg, breadcrumbs, frying-fat, flour, salt and pepper, parsley.

METHOD.—Wash, dry, and fillet the fish, and cut it into pieces convenient for serving. Season a good tablespoonful of flour rather highly with salt and pepper, and in it dip each piece of fish, then brush over with egg, cover with breadcrumbs, and fry in hot fat until nicely browned. Garnish with fried parsley, and serve with anchovy, shrimp, or melted butter sauce.

TIME.—To prepare and cook, about ½ an hour. AVERAGE COST, 1s. 3*d.* to 1s. 6*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE all the year round.

PLAICE, FRIED (Another Method).

INGREDIENTS.—1 medium-sized plaice, flour, salt and pepper, frying-fat or oil.

METHOD.—Prepare the fish as in the preceding recipe, but instead of coating the fish with egg and breadcrumbs, slip each piece into a thick smooth batter made of flour and water.

TIME.—To fry, about 10 minutes. AVERAGE COST, 1s. to 1s. 4*d.* SUFFICIENT for 3 or 4 persons. SEASONABLE all the year round.

PLAICE, OR SOLES, ROLLED.

INGREDIENTS.—1 plaice, or 2 soles, lemon-juice, pepper, and salt, ½ a shallot, 1 bay-leaf, parsley, 2 cloves, 1 oz. of butter, 1 oz. of flour, ½ pint of fish stock, (1 gill of milk, 1 gill of water, 1 tablespoonful of cream).

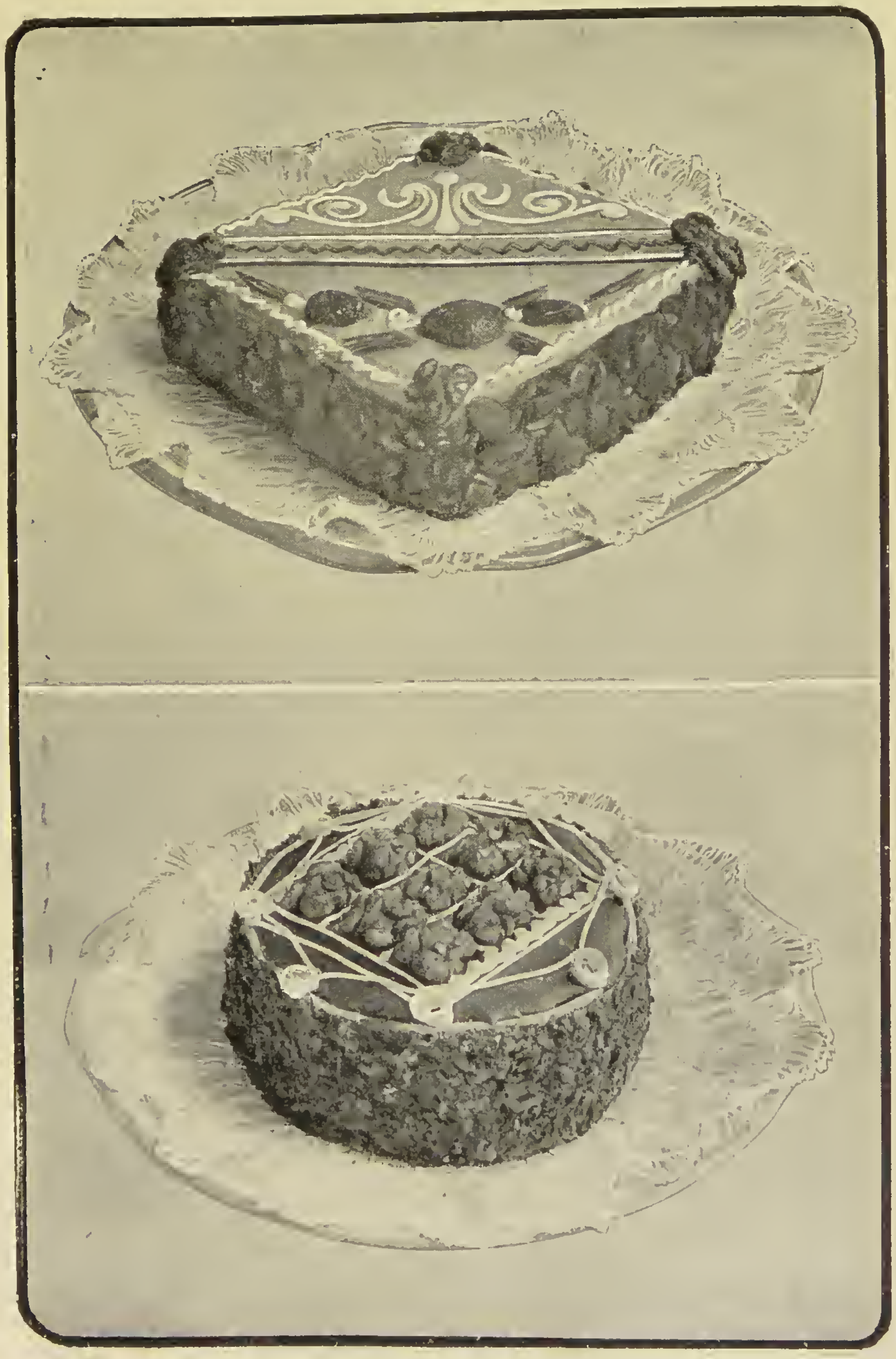
METHOD.—Fillet the plaice, season the fillets with salt, pepper, and lemon-juice. Roll them, and put them on a greased baking-sheet with a greased paper over them. Put the bones into a stewpan with the milk and water, bay-leaf, parsley stalks, cloves, and shallot, and simmer for 20 minutes. Melt the butter, add the flour, and cook for a few minutes, then add the fish stock, and stir the ingredients until they boil. Bake the rolled fillets for about 10 minutes, or until cooked sufficiently, and season to taste. Dish them neatly on a hot dish, strain the sauce over, sprinkle a little chopped parsley on the top, and serve very hot.

TIME.—To bake, from 5 to 10 minutes. AVERAGE COST, 1s. 3*d.* to 1s. 6*d.*, when plaice is used. SUFFICIENT for 5 or 6 persons. SEASONABLE all the year round.

PLOVERS' EGGS.

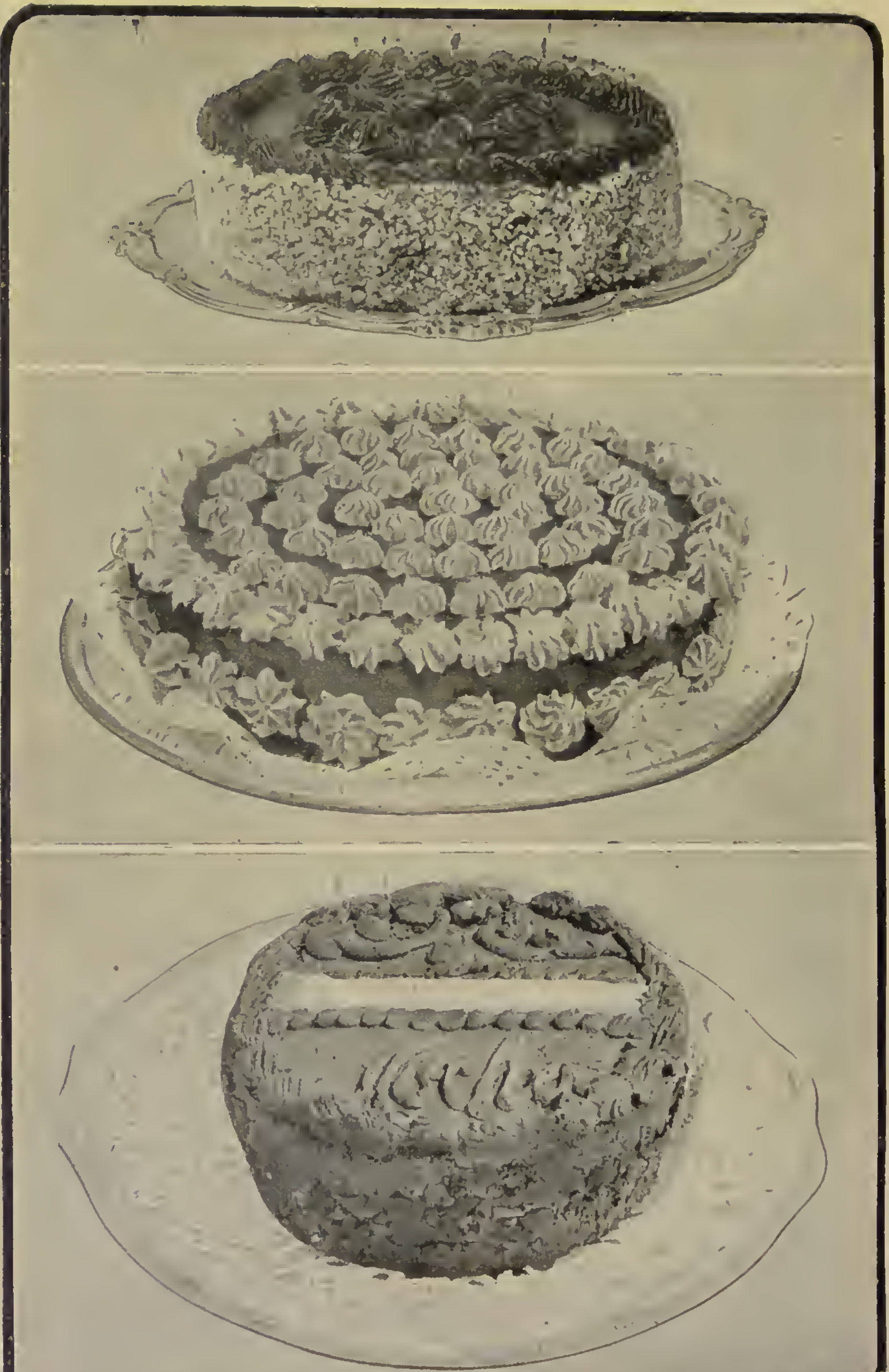
Plovers' eggs are served boiled hard. They are frequently used to garnish salads. The eggs are usually boiled from 15 to 20 minutes, and the albumen after boiling obtains a beautiful translucent bluish colour.

CAKES. No. 1.



1. French Gâteau. 2. Walnut Cake.

CAKES. No. 2.



1. Cocoanut Cake. 2. Orange Cake. 3. Mocha Cake.

PLOVERS, ROASTED.

Ingredients.—Plovers, a slice of toast and a slice of bacon for each bird, butter for basting, brown sauce, 1 glass of port wine or claret, 2 lemons, watercress.

Method.—Pluck and truss the birds, but do not draw them. Brush over with warm butter, tie a slice of thin bacon over each breast, and roast in front of a clear fire from 15 to 20 minutes, according to taste. Hang the birds on the spit feet downwards, and put slices of toast in the dripping-tin to receive the trail as it drops from the birds. Keep them well basted with butter, and shortly before serving remove the bacon, dredge lightly with flour, and baste well to give the breasts a light brown appearance. Make the brown sauce as directed, and add to it the wine and the juice of 1 lemon. Serve the birds on the toast, garnish with watercress and quarters of lemon, and send the sauce to table in a sauceboat. Oiled butter, made acid with lemon-juice, frequently accompanies these birds instead of the brown sauce.

Time.—From 15 to 20 minutes. Average Cost, 2*s.* 6*d.* to 3*s.* the brace. Seasonable from the beginning of October to the end of January.

PLUM JAM.

Ingredients.—Plums, sugar.

Method.—To each lb. of fruit allow from 12 to 16 ozs. of sugar, according to the degree of sweetness required, and the amount of acidity contained in the plums. Divide the plums, take out the stones, or, if preferred, cut them across, and remove the stones as they rise in the pan. Pile the fruit on a large dish with the sugar spread thickly between each layer, allow them to remain thus until the following day, then put the whole into a preserving-pan, and heat slowly by the side of the fire, stirring occasionally meanwhile. Boil gently until the jam sets quickly when tested on a cold plate, then turn it into pots, cover closely, and keep it in a cool, dry place.

Time.—Altogether, 26 hours. Average Cost, 3*d.* to 6*d.* per lb.

PLUM PUDDING.

Ingredients.—6 ozs. of flour, 6 ozs. of breadcrumbs, 6 ozs. of finely-chopped suet, 6 ozs. of moist sugar, 6 ozs. of raisins halved and stoned, 6 ozs. of currants washed and dried, 1 heaped teaspoonful of baking-powder, 1 saltspoonful of salt, ½ a saltspoonful of ground mace, ½ a saltspoonful of grated nutmeg, about ½ pint of milk.

Method.—Mix all the dry ingredients well together, add sufficient milk to mix into a very stiff batter, and turn into a well-greased basin. Boil for 6 hours, or steam for at least 7 hours.

Time.—To cook, from 6 to 7 hours. Average Cost, 1*s.* Sufficient for 9 or 10 persons.

PLUM PUDDING, CHRISTMAS.

Ingredients.—8 ozs. of moist sugar, 8 ozs. of finely-chopped suet, 8 ozs. of sultanas cleaned, 8 ozs. of raisins halved and stoned, 8 ozs. of currants washed and dried, 4 ozs. of shredded mixed candied peel, 4 ozs. of flour, 4 ozs. of breadcrumbs, 2 ozs. of almonds blanched and shredded, the grated rind of 1 lemon, 4 eggs, a saltspoonful of nutmeg grated, ½ a teaspoonful of salt, ¼ pint of milk, 1 wineglassful of brandy.

Method.—Mix all the dry ingredients together, stir in the well-beaten eggs, milk, and brandy, turn the mixture into 2 well-buttered basins, steam from 5 to 6 hours.

TIME.—To cook, from 5 to 6 hours. AVERAGE COST, 2*s.* 6*d.* SUFFICIENT for 8 or 9 persons.

PLUM PUDDING, CHRISTMAS (Another Method).

INGREDIENTS.—5 ozs. of breadcrumbs, 4 ozs. of flour, 4 ozs. of finely-chopped suet, 4 ozs. of raisins halved and stoned, 4 ozs. of currants washed and dried, 4 ozs. of moist sugar, 2 ozs. of shredded candied peel, 2 ozs. of raw carrot grated, 1 level teaspoonful of finely-grated lemon-rind, ½ a saltspoonful of grated nutmeg, 1 good teaspoonful of baking-powder, about ¼ pint of milk, 2 eggs.

METHOD.—Mix all the dry ingredients except the baking-powder together, add the beaten eggs and sufficient milk to thoroughly moisten the whole, then cover, and let the mixture stand for 1 hour. When ready, stir in the baking-powder, turn into a buttered mould or basin, and boil for 6 hours, or steam for 7 hours. Serve with a suitable sauce.

TIME.—To cook, from 6 to 7 hours. AVERAGE COST, 1*s.* 3*d.* SUFFICIENT for 9 or 10 persons.

PLUM PUDDING, CHRISTMAS (Another Method).

INGREDIENTS.—8 ozs. of moist sugar, 6 ozs. of currants washed and dried, 6 ozs. of raisins halved and stoned, 6 ozs. of finely-chopped suet, 4 ozs. of mashed potato, 4 ozs. of grated raw carrot, 4 ozs. of brown breadcrumbs, 4 ozs. of flour, 2 ozs. of shredded candied peel, ½ a teaspoonful of salt, 1 saltspoonful of grated nutmeg, 2 eggs, ½ pint of milk.

METHOD.—Boil the milk, pour it over the browned breadcrumbs, and let them soak for ½ an hour. Mix the dry ingredients together, add the well-beaten eggs, and the milk and breadcrumbs when ready. Turn the mixture into 2 well-buttered basins, and steam from 4 to 5 hours.

TIME.—To cook, from 4 to 5 hours. AVERAGE COST, 1*s.* 4*d.* to 1*s.* 6*d.* SUFFICIENT for 7 or 8 persons.

PLUM PUDDING SAUCE.

INGREDIENTS.—1 glass of brandy, 1 glass of Madeira, 2 ozs. of butter, castor sugar.

METHOD.—Put the butter and 1 tablespoonful of castor sugar into a basin, and let it stand on or near the stove until the butter is melted. Stir in the brandy and Madeira, add more sugar if necessary, and when hot enough to use, either pour it over the pudding or serve separately in a tureen.

TIME.—About ½ an hour. AVERAGE COST, 10*d.*

PLUM PUDDING (Vegetarian Cookery).

INGREDIENTS.—½ lb. of flour, ½ lb. of currants, ½ lb. of sultanas, 4 ozs. of butter, 3 eggs, the grated rind of a lemon, nutmeg, 1 teaspoonful of baking-powder.

METHOD.—Mix the baking-powder with the flour, rub in the butter, and add the currants and raisins, the lemon-peel finely-grated, a little nutmeg, and the eggs well beaten. Put it in a buttered basin, boil or steam for 4 hours, and serve with white sauce.

TIME.—5 hours. AVERAGE COST, 1*s.* 2*d.* SUFFICIENT for 1 large pudding.

PLUM (FRESH) PUDDING (*See* Damson Pudding).

PLUMS, TO PRESERVE.

INGREDIENTS.—To each lb. of plums allow 1 lb. of loaf sugar and ½ pint of water.

METHOD.—Put the water and sugar into a preserving-pan, and boil to a thin syrup. Remove the stalks from the plums, prick them slightly to prevent them breaking, pour over them the prepared syrup, and allow them to remain thus for 2 days. Turn the whole into a preserving-pan, boil very gently until the plums are tender, then lift them carefully into pots. Boil the syrup to the "large thread" degree (*see* Sugar, to Boil), pour it over the plums, cover closely, and store them in a cool, dry place.

TIME.—Altogether, 2 days. AVERAGE COST, 3*d.* to 6*d.* per lb.

PLUMS, TO PRESERVE DRY.

INGREDIENTS.—An equal weight of plums and loaf sugar.

METHOD.—Put half the sugar into a preserving-pan with the addition of ½ pint of cold water to each lb. of sugar, and boil to a thin syrup. Divide the plums, remove the stones, and put the fruit into the prepared syrup. Simmer gently until half cooked, then turn the whole into an earthenware bowl, cover, and let it remain thus until the following day. Strain the syrup into a preserving-pan, add the rest of the sugar, and boil to the "large pearl" degree (*see* Sugar to Boil). Allow it to cool slightly, put in the plums, simmer very gently until tender, then remove them very carefully to a deep dish and strain the syrup over them. Let the plums remain covered for 48 hours, drain well, spread them on large dishes in single layers, and when quite dry pack them in air-tight tins with wax paper between the layers.

TIME.—Altogether, 3 days. AVERAGE COST, 4*d.* to 6*d.* per lb.

POFFERTJES (Dutch Fritters).

INGREDIENTS.—6 ozs. of flour, 4 ozs. of butter, 3 eggs, ½ pint of milk or water, about ½ lb. of lard.

METHOD.—Boil the milk or water, then add the butter, stir the flour in gradually, and cook over the fire until it ceases to adhere to the stewpan or spoon. Turn on to a dish; when cool stir in the yolks of the eggs, beat stiffly, and add lightly the whites of the eggs. Heat the lard, put in the dough a teaspoonful at a time, fry gently until nicely browned, turning frequently meanwhile. Dredge liberally with fine sugar and serve hot.

TIME.—To fry, about 15 minutes. AVERAGE COST, 1*s.* to 1*s.* 3*d.* SUFFICIENT for 8 or 9 persons. SEASONABLE at any time.

POLENTA AND CHEESE.

INGREDIENTS.—Cold maize meal porridge, butter or oil, grated cheese, salt, and cayenne.

METHOD.—Cut the cold polenta into square or oblong pieces about ¾ inch thick. Arrange them on a flat dish, or a piedish, in layers, with grated cheese between and over the top. Put a few pieces of butter over, and bake till brown in a good oven. Serve hot.

TIME.—½ an hour. AVERAGE COST, uncertain.

POMEGRANATE JUICE (Indian Recipe).

INGREDIENTS.—6 pomegranates, ½ lb. of castor sugar, the juice of 3 limes, 1 pint of water.

METHOD.—Press the pulp of the pomegranates through a very fine sieve, add the sugar and lime-juice, and dilute with the water. Strain several times through muslin, then bottle for use.

TIME.—1 to 2 hours. COST, uncertain. SUFFICIENT for 1 bottle,

POMPLET, TO COOK (Indian Recipe).

This fish is not unlike turbot or brill, and may be treated according to the directions given for dressing turbot and brill.

POOLOOT (Indian Recipe).

Ingredients.—1 fowl, 1 lb. of rice, 4 ozs. of butter, 1 oz. of green ginger finely sliced, 3 onions sliced, 3 onions finely chopped, ¼ of a teaspoonful of black pepper, ⅛ of a teaspoonful of ground cardamom seeds, 1 quart of stock, 6 hard-boiled eggs, rolls of fried bacon, the juice of 1 lemon, salt.

Method.—Wash, parboil, and drain the rice. Truss the fowl for boiling, place it in a stewpan with the rice under and round it, add the chopped onions, green ginger, lemon-juice, 1 teaspoonful of salt, and a little stock. Cover closely, and cook as gently as possible, adding more stock from time to time. When the fowl is sufficiently cooked take it up and cut it into neat joints, keep it hot and dry by the side of the fire. Heat the butter in a stewpan, fry the remaining onions until lightly browned, then drain them and keep them hot. Fry the fowl in the same butter, turning it frequently that all parts may be equally browned. Pile the rice in the centre of a hot dish, arrange the pieces of fowl on the top with the fried onions interspersed, and garnish the base with quarters of hard-boiled eggs and rolls of fried bacon.

Time.—2¼ hours. Average Cost, 4*s*. Sufficient for 5 or 6 persons.

POP OVERS (Canadian Recipe).

Ingredients.—1 teacupful of white flour, 1 teacupful of milk, 1 egg, salt to taste.

Method.—Make a batter of the ingredients, pour into a hot, greased, pop-over tin, and bake in a quick oven. Pop-over tins are similar to sheets of patty-pans, but the hollows are deeper.

Time.—From 20 to 25 minutes. Average Cost, 3*d*. to 4*d*. Sufficient for 5 or 6 persons. Seasonable at any time.

PORK AND BEANS.

Ingredients.—A shoulder of young pork pickled, 1 onion, 1 carrot, ½ of a turnip, 10 peppercorns, Windsor beans, parsley sauce.

Method.—Put the pork into a stewpan containing sufficient warm water to cover it, bring to the boil, add the vegetables and peppercorns, and boil gently for about 2 hours. Half an hour before the pork will be ready throw the beans into salted boiling water, boil gently from 25 to 30 minutes, then drain well, and pour over them the parsley sauce. Serve the pork and beans on separate dishes.

Time.—From 2 to 2½ hours, according to size. Average Cost, 10*d*. per lb. Sufficient for 5 or 6 persons. Seasonable in the winter.

PORK, BAKED.

Ingredients.—Leg or loin of pork, 2 onions, 2 carrots, 1 small turnip, 2 strips of celery, 2 dozen button onions, 1 teaspoonful of mixed herbs, 1 oz. of butter, 2 or 3 ozs. of dripping, ½ pint of gravy, apple sauce, salt and pepper.

Method.—Score the pork in narrow lines. Slice all the vegetables except the button onions, place them in a baking-tin, sprinkle with salt and pepper, and add the herbs and dripping. Lay the meat on the top, and cook in a moderate oven, basting frequently. Half an hour before serving, peel the small onions, and fry them brown in hot butter. Serve the meat on a hot dish, garnish with the onions, and send the gravy to table in a sauce-boat. If necessary, the gravy can be made from the sediment in the meat tin.

TIME.—Allow 20 minutes to each lb. AVERAGE COST, 9*d*. to 10*d*. per lb. SEASONABLE in the winter.

PORK, BOILED, AND PEASE PUDDING.

INGREDIENTS. — Leg or other joint of salted or pickled pork, 1 good cabbage, 6 parsnips, 1 onion, 1 carrot, ½ a turnip, 1 strip of celery, 12 peppercorns. For the pudding: 1 quart of split peas, 1 oz. of butter, 2 yolks of eggs, salt and pepper.

METHOD.—Soak the peas for 12 hours. Place the pork in a boiling pot, cover it with warm water, unless very salt, in which case use cold water. Bring to the boil, skim well, boil for 10 minutes, add the onion, carrot, turnip, and celery, all cut into thick slices, put in the peppercorns, and simmer gently until done. Boil the parsnips and cabbage separately; divide the former lengthwise into 4 pieces, and press the latter well, season it with pepper, and cut it into small squares. Serve the pork in a hot dish, garnished with the parsnips and cabbage. The liquor in which pork is cooked may be converted into good pea-soup.

There are two methods of making the pease pudding. By the first method, the peas are drained from the water in which they are soaked, tied in a cloth, and cooked for about 1½ hours in the boiling-pot with the pork. They are then rubbed through a fine sieve, mixed with the butter and yolks of eggs, seasoned with salt and pepper, replaced in the cloth, and boiled with the pork for about 40 minutes longer. The second method is probably the better one. After being drained from the water in which they were soaked, the peas are placed, with a dessertspoonful of salt, in a stewpan, which they about half fill, and covered with cold water, which must be replaced as it boils away. Cook the peas gently for about 2 hours, or till they are quite soft, then rub them through a fine sieve, add the butter, yolks of eggs, and season to taste. Press the purée into a well-buttered mould or basin, and either steam or bake for about 40 minutes.

TIME.—Allow 25 minutes to each lb. of pork. AVERAGE COST, the pork 9*d*. per lb., the pudding 9*d*.

PORK CHEESE.

INGREDIENTS.—1 lb. of cold roast pork, 1 dessertspoonful of finely-chopped parsley, ¼ of a teaspoonful of powdered sage, ¼ of a teaspoonful of mixed herbs, ½ a teaspoonful of grated lemon-rind, ¼ of a teaspoonful of grated nutmeg, salt and pepper, ½ pint of gravy or stock, sufficiently strong to form a jelly when cold.

METHOD.—Cut the meat into dice, using more or less of the fat, according to taste. Add to it the parsley, sage, herbs, lemon-rind, nutmeg, and a liberal seasoning of salt and pepper, and mix well together. Press tightly into a mould, fill up with gravy, and bake about 1¼ hours in a moderate oven. When cold, turn out of the mould and garnish with parsley.

TIME.—About 1½ hours. AVERAGE COST, 1*s*. 3*d*., in addition to the stock. SUFFICIENT for 5 persons.

PORK, CROQUETTES OF.

INGREDIENTS.—½ lb. of finely-chopped cooked lean pork, ½ a teaspoonful of finely-chopped shallot or onion, ¼ of a teaspoonful of powdered sage, a pinch of marjoram, ½ oz. of butter, ¾ oz. of flour, ¼ pint of strong stock, salt and pepper, 1 egg, breadcrumbs, frying-fat.

METHOD.—Melt the butter in a stewpan, fry the onion lightly, then stir in first the flour and afterwards the stock, and boil gently for 10 or 12 minutes, stirring briskly meanwhile. Add the meat, sage, marjoram, and a good seasoning of salt and pepper, stir over the fire until well mixed, and turn on to a plate to cool. Form into cork-shaped pieces, coat with egg and breadcrumbs, and fry in hot fat.

TIME.—To fry, 4 to 5 minutes. AVERAGE COST, 9*d*. SUFFICIENT for 4 or 5 persons. SEASONABLE in winter.

PORK CUTLETS, GRILLED.

INGREDIENTS.—7 or 8 lean cutlets cut from the best end of the neck, 2½ ozs. of butter, 1 oz. of flour, ½ pint of gravy or stock, 2 tablespoonfuls of chopped gherkins, 1 tablespoonful of vinegar, salt and pepper.

METHOD.—Trim off nearly all the fat, and make the cutlets a good uniform shape. Season both sides of them with salt and pepper, dip them in warm butter, coat carefully with breadcrumbs, and grill over a clear fire for 20 minutes, turning them 3 or 4 times. Pour the remainder of the butter into a small stewpan, add the flour, stir over the fire for 2 or 3 minutes, put in the gravy and vinegar, boil up, season to taste, and add the gherkins. Arrange the cutlets in a close circle on a hot dish, pour the sauce round, and serve.

TIME.—20 minutes, to grill the cutlets. AVERAGE COST, 10*d*. per lb. SUFFICIENT for 5 or 6 persons.

PORK CUTLETS, HASH OF.

INGREDIENTS.—The remains of cold loin of pork; to 6 or 7 cutlets allow 1 medium-sized Spanish onion coarsely chopped, 1 oz. of butter, 1 dessertspoonful of flour, 1 teaspoonful of vinegar, 1 teaspoonful of made mustard, ⅓ of a pint of good gravy, salt and pepper.

METHOD.—Divide the loin into neat cutlets, and trim away the greater part of the fat. Melt the butter in a sauté or frying-pan, put in the cutlets, fry them until both sides are lightly browned, then remove and keep hot. Add the onions to the butter in the pan, fry until they acquire a good brown colour, sprinkle in the flour, season with salt and pepper, and cook for a few minutes longer to lightly brown the flour. Now add the stock, vinegar, and mustard, boil up and pour the mixture over the cutlets, which must be previously arranged in a close circle on a hot dish.

TIME.—About 5 minutes, to fry the cutlets. AVERAGE COST, 1*s*. 6*d*. to 1*s*. 9*d*. SUFFICIENT for 6 or 7 persons.

PORK CUTLETS OR CHOPS.

INGREDIENTS.—6 or 7 small lean chops, 1½ ozs. of butter, 1 large onion cut into dice, 2 sheets of gelatine, a few drops of liquid caramel, salt and pepper, tomato or apple sauce.

METHOD.—Trim the chops into a good shape, and remove the greater part of the fat. Put any bones, lean trimmings, and the onion into a stewpan with barely sufficient water to cover them, and boil gently for at least 1 hour. Heat the butter in a sauté or frying-pan, and fry the chops slowly, to cook them thoroughly. In the meantime, strain the gravy, skim off the fat, rub the onion through a fine sieve, replace in the stewpan with the gelatine, which is intended to give it consistency, but when convenient may be replaced with glaze, which improves the flavour. Season to taste, and brighten the colour by adding a few drops of liquid caramel. Arrange the cutlets in a close circle on a potato border, pour the sauce (which must be thick enough to coat the cutlets) over them, and serve the tomato or apple sauce separately.

Time.—To fry the chops, from 15 to 20 minutes. Average Cost, 10*d.* per lb. Sufficient for 3 or 4 persons.

PORK CUTLETS OR CHOPS (Another Method).

Ingredients.—2½ lbs. of loin or neck of pork, ½ pint of tomato sauce, salad-oil or oiled butter, salt and pepper.

Method.—Remove the greater part of the fat, divide the meat into cutlets, and trim them into a good shape. Brush over with salad-oil or butter, sprinkle both sides with salt and pepper, and grill the cutlets over a clear fire for about 15 minutes, turning them 3 or 4 times. Arrange neatly on a hot dish, pour the hot sauce round, and serve.

Time.—To grill the cutlets, about 20 minutes. Average Cost, 10*d.* per lb. Sufficient for 6 or 7 persons.

PORK CUTLETS WITH ROBERT SAUCE.

Ingredients.—8 or 9 cutlets from the best end of the neck, ½ pint of brown onion sauce. For the marinade or brine: 2 or 3 tablespoonfuls of salad-oil, 1 teaspoonful of vinegar, ½ a teaspoonful of powdered sage, salt and pepper.

Method. — Trim the cutlets neatly, leaving about ½ an inch of fat round each one. Place them on a dish, pour over the marinade, and let them remain in it for 1 hour, turning them frequently. Drain well, and broil over a clear fire for about 20 minutes. Or, if preferred, fry the cutlets in a little hot butter, in a sauté-pan. Arrange them in a close circle on a hot dish, pour the Robert sauce round, and serve.

Time.—To cook, about 20 minutes. Average Cost. 10*d.* per lb. Sufficient for 5 or 6 persons.

PORK CUTLETS WITH SOUBISE SAUCE.

Ingredients.—8 or 9 cutlets from the best end of the neck, ½ pint of thick Soubise sauce, ⅓ pint of demi-glace sauce, marinade as in preceding recipe, salt and pepper.

Method.—Prepare and marinade the cutlets as directed in the preceding recipe, and either grill them from 15 to 18 minutes over a clear fire or fry them for the same length of time in hot butter, in a sauté- or frying-pan. Dish them in a circle, serve the soubise sauce in the centre, and pour the demi-glace sauce round the base of the dish.

Time.—To fry or grill, about 20 minutes. Average Cost, 10*d.* per lb. Sufficient for 6 or 7 persons.

PORK, GALANTINE OF.

Ingredients.—A belly of young pork, either salted or fresh, but preferably the former, pickled gherkins, pepper, stock, or water with the addition of 2 onions, 1 carrot, ¼ of a turnip, a bouquet-garni (thyme, parsley, bay-leaf), 10 peppercorns, glaze.

Method.—Lay the meat, skin side downwards, on the table, season well with pepper, and cover with thin slices of gherkin. Roll up as tightly as possible, tie with strong twine, and fasten securely in a cloth. Place the roll in a stewpan containing sufficient hot stock, or hot water and vegetables, to just cover it, and cook gently from 2½ to 3 hours. Press between two dishes until cold, then remove the cloth, brush over with glaze, and serve garnished with parsley.

TIME.—To cook, from 3½ to 4 hours. AVERAGE COST, 8*d.* per lb. SEASONABLE in the winter.

PORK, HASHED.

INGREDIENTS.—1 lb. of either cold roast or boiled pork, 1½ ozs. of butter, 1 dessertspoonful of Worcester sauce, 1 dessertspoonful of ketchup, 1 small teaspoonful of made mustard, ½ a teaspoonful of lemon juice, cayenne, salt and pepper.

METHOD.—Cut the meat into small slices, and sprinkle them with salt and a very little cayenne. Put the butter, Worcester sauce, ketchup, lemon-juice, and mustard into a stewpan, and when quite hot add the slices of meat, and allow them to remain for 15 or 20 minutes, to become thoroughly impregnated with the flavour of the sauce. Shake the stewpan or stir the contents occasionally, but on no account allow the sauce to boil.

TIME.—About 20 minutes. AVERAGE COST, 1*s.* 3*d.* SUFFICIENT for 4 or 5 persons.

PORK KIDNEY, FRITTERS OF.

INGREDIENTS.—2 pig's kidneys, pig's caul, ⅓ pint of brown sauce, 2 yolks of eggs, 1 finely-chopped shallot, ½ a teaspoonful of finely-chopped parsley, 1 oz. of butter, frying-fat. For the batter: 2 ozs. of flour, ½ gill of tepid water, 1 tablespoonful of salad-oil or warm butter, the white of 1 egg, 1 saltspoonful of salt.

METHOD.—Remove the skins and cores, and cut the kidneys into dice, Heat the butter in a stewpan, fry the shallot slightly, add the parsley and kidneys, cook gently for 5 minutes, then drain away the butter, and, if preferred, use it instead of salad-oil for the batter. Make the brown sauce, cool slightly, then pour it on to the yolks of eggs, stirring all the time. Have this sauce ready to add to the kidneys, pour it over them, season to taste, stir by the side of the fire until the yolks thicken, then turn on to a plate to cool. Meanwhile, wash the caul in salt and water, dry well, and cut into 3-inch squares. Make a smooth batter of the flour, water, salt, and salad-oil or butter, then add the white of egg stiffly whipped. When the mixture is cold divide it into small portions, enclose them in the pieces of caul, dip them into the batter, and fry until brown in hot fat.

TIME.—1½ hours. AVERAGE COST, 1*s.* 6*d.* to 1*s.* 9*d.* SUFFICIENT for 4 persons.

PORK, LEG OF, ROASTED.

INGREDIENTS.—A leg of pork, onion forcemeat, salad-oil, ½ pint of gravy, dripping for basting, apple sauce.

METHOD.—Remove the bones down to the knuckle bone, break them into smaller pieces, and simmer them for gravy. Make the forcemeat as directed, press it lightly inside the leg, and secure the opening. Score the skin in narrow strips, brush over with salad-oil, and either roast it before a clear fire or bake it in a moderate oven. Serve the gravy and apple sauce in sauce-boats.

TIME.—Allow 25 minutes to each lb. of meat. AVERAGE COST, 9*d.* per lb.

PORK, LOIN OF, BAKED.

INGREDIENTS.—3 or 4 lbs. of loin of pork, 18 potatoes, 8 apples, 6 onions, all peeled and quartered, salad-oil, gravy.

METHOD.—Score the skin in narrow lines, and brush it over with salad-oil. Bake in a moderately hot oven for 40 minutes, then put the potatoes, apples, and onions into the tin containing the meat, and continue to cook gently from 1¼ to 1½ hours longer. When ready, arrange the vegetables and apples on a hot dish, place the meat in the centre, and serve the gravy separately.

TIME.—From 2 to 2½ hours. AVERAGE COST, 9*d.* to 10*d.* per lb. SUFFICIENT for 6 or 7 persons. SEASONABLE during the winter months.

PORK, LOIN OF (German Style).

INGREDIENTS.—A loin of pork, ½ pint of malt vinegar, 1 large Spanish onion sliced, 10 fresh sage leaves, 10 juniper berries, 24 peppercorns, 6 cloves, 1 tablespoonful of salt, with the addition of a little thyme, basil, or other herbs preferred.

METHOD.—Remove the skin and any superfluous fat, and place the meat in a deep earthenware dish. Add all the ingredients enumerated above, and let the meat remain in the marinade 4 or 5 days, turning and basting it daily. When ready, put both meat and marinade into an earthenware baking-dish, add ½ pint of boiling water, and cook very gently in the oven from 2½ to 3 hours, basting frequently. Strain the gravy, and serve a little poured over the meat, and the remainder separately.

TIME.—To cook, from 2½ to 3 hours. AVERAGE COST, 10*d.* per lb. SUFFICIENT for 6 or 7 persons. SEASONABLE in the winter.

PORK, LOIN OF, STUFFED.

INGREDIENTS.—A loin of pork, onion stuffing, gravy, apple sauce.

METHOD.—Score the skin in narrow lines, and make an opening for the stuffing by separating the meat from the bone on the inner side. After putting in the stuffing secure the opening, wrap the loin in a greased paper, and roast before a clear fire, or in a moderately hot oven for about 2 hours. Baste frequently, and ½ an hour before serving remove the paper to allow the crackling to brown. Serve the gravy and apple sauce separately.

TIME.—About 2 hours. AVERAGE COST, 9*d.* to 10*d.* per lb. SUFFICIENT for 6 or 7 persons. SEASONABLE in the winter.

Note.—The sage and onion stuffing may be baked and served separately, or altogether omitted.

PORK, MINCED.

INGREDIENTS.—1 lb. of cold roast pork, 2 onions finely chopped, 2 apples coarsely chopped, 2 ozs. of butter, 1 dessertspoonful of flour, 1 teaspoonful of lemon-juice, ⅓ pint of stock, dry mustard, salt and pepper.

METHOD.—Cut the meat into very small dice, and, unless gravy or good stock is at hand, boil the bones and trimmings for at least 1 hour, then strain and boil rapidly until reduced to ¾ pint. Melt the butter in a stewpan, fry the onion until lightly browned, then add the apple, and fry until tender, but not broken. Sprinkle in the flour, add a good pinch of mustard, stir and cook gently for 3 or 4 minutes, then add the stock, and stir until boiling. Season to taste, boil gently for 5 minutes, then put in the meat, add the lemon-juice, and allow the stewpan to stand for about ½ an hour where the contents will remain just below simmering point, Serve in a border of rice, or mashed potato, or garnished with sippets of toasted bread.

Time.—To re-heat the meat, about ½ an hour. Average Cost, 1*s.* 6*d.* to 1*s.* 8*d.* Sufficient for 3 or 4 persons. Seasonable in winter.

PORK MOULD.

Ingredients.—1 lb. of cold roast pork, 2 tablespoonfuls of mashed potato, 1 teaspoonful of parboiled and finely-chopped onion, about ¼ pint of sour cream or milk, salt and pepper, brown breadcrumbs, ½ pint of gravy.

Method.—Remove the skin and greater part of the fat from the meat, chop it finely, and add to it the onion and potatoes. Season highly with salt and pepper, and work in sufficient sour cream or milk to bind the mixture together. Coat a well-buttered mould or pie-dish thickly with brown breadcrumbs, put in the mixture, and bake for about ¾ of an hour in a moderate oven. The mixture may also be formed into small cakes, coated with egg and breadcrumbs, and fried. The gravy may be made from the bones and trimmings of the meat, and should be served separately.

Time.—To cook, about ¾ of an hour. Sufficient for 2 or 3 persons.

PORK, PICKLED, TO BOIL.

Ingredients.—Pork, water.

Method.—Should the pork be very salt, let it remain in water about 2 hours before it is dressed. Put it into a saucepan with sufficient cold water to cover it, let it gradually come to a boil, then gently simmer until quite tender. Allow ample time for it to cook, as nothing is more unwholesome than underdone pork, and, when boiled fast, the meat becomes hard. This is sometimes served with boiled poultry and roast veal, instead of bacon; when tender, and not over salt, it will be found equally good.

Time.—A piece of pickled pork weighing 2 lbs., 1¼ hours; 4 lbs., rather more than 2 hours. Average Cost, 9*d.* per lb. for the prime parts.

PORK PIE.

Ingredients.—1½ lbs. of lean pork, 1 lb. of household flour, 6 ozs. of lard, 1 small onion, ¼ pint of water, cayenne, pepper and salt.

Method.—Cut the meat into dice, and season it well with salt and pepper. Place the bones in a stewpan, add the onion, salt and pepper, cover with cold water, and simmer for at least 2 hours to extract the gelatine, in order that the gravy, when cold, may be a firm jelly. Put the flour into a large basin, and add to it a good pinch of salt. Boil the lard and water together for 5 minutes, then add it to the flour, stirring it thoroughly until cool enough to be kneaded. Knead until smooth, cover with a cloth, and let the basin stand near the fire for about ½ an hour. Throughout the whole process the paste must be kept warm, otherwise moulding may be extremely difficult; but overheating must also be avoided, for when the paste is too soft it is unable to support its own weight. At the end of this time, re-knead the paste, put aside about ¼ for the lid, and raise the remainder into a round or oval form, as may be preferred. If an inexperienced worker finds any difficulty in raising the pie by hand alone, a small jar may be placed in the centre of the paste, and the paste moulded over it. When the lower part of the pie has been raised to the necessary shape and thinness, subsequent work may be made much easier by putting in some of the meat, and pressing it firmly down to support the lower part of the pie. Before adding the lid, moisten the meat with 2 or 3 tablespoonfuls of the prepared seasoned gravy; the remainder is re-heated, and added after the pie is baked and still hot. Three or four folds of greased paper should be pinned round the pie to preserve its shape, and prevent it becoming too brown. The pie should be baked for at least 2 hours in a moderate oven, and its appearance is greatly improved by brushing it over with yolk of egg when about ¾ baked. Slices of hard-boiled egg are often added with the meat.

TIME.—To bake, about 2 hours. AVERAGE COST, 1*s.* 6*d.* to 1*s.* 8*d.* SUFFICIENT for 1 medium-sized pie.

PORK PIES, LITTLE RAISED.

INGREDIENTS.—2 lbs. of lean pork, 1 lb. of household flour, 8 ozs. of lard, ½ a teaspoonful of powdered sage, cayenne, pepper and salt, ¼ pint of water, 1 small onion.

METHOD. — Prepare the stock, meat, and paste as directed in the recipe for "Pork Pie." Divide the paste into small pieces, raise in a round or oval form, and fill with meat. Sprinkle lightly with sage, moisten with stock, and put on the covers. Bake in a moderately hot oven for about 1 hour, then fill up with stock, and serve either hot or cold.

TIME.—To bake, about 1½ hours. AVERAGE COST, 2*s.* 3*d.* to 2*s.* 6*d.*

PORK STUFFING.

INGREDIENTS.—1 lb. of onions, 4 tablespoonfuls of bread-crumbs, 2 ozs. of butter, 1 dessertspoonful of finely-chopped sage or a teaspoonful of powdered sage, salt and pepper.

METHOD.—Cut the onions into slices, cover them with cold water, bring to the boil, cook for 5 minutes, then strain and drain well. Melt the butter in a stewpan, and fry the onions for about 15 minutes without browning. Add the bread-crumbs, sage, and seasoning, mix well, and use as required.

AVERAGE COST.—4*d.* SUFFICIENT for a leg or loin of pork.

Note.—For other methods *See* "Sage and Onion Stuffing."

PORK, TENDERLOIN OF.

INGREDIENTS.—Tenderloin chops, sage, salt and pepper, frying-fat.

METHOD.—Place the chops in a frying-pan containing a little hot fat, sprinkle lightly with sage, salt and pepper, cook gently for 10 minutes, then turn and sprinkle the other side. Cook slowly for 10 minutes longer, then remove the chops and keep them hot and pour away all the fat. Add a little boiling water to the sediment in the frying-pan, season to taste with salt and pepper, boil up, pour round the chops, and serve.

TIME.—About 20 minutes. AVERAGE COST, 7*d.* or 8*d.* per lb. ALLOW 1 large or 2 small chops to each person. SEASONABLE at any time.

PORK, TO CURE OR PICKLE.

INGREDIENTS.—¼ lb. of saltpetre, salt.

METHOD.—As pork does not keep long without being salted, cut it into pieces of a suitable size as soon as the pig is cold. Rub the pieces of pork well with salt, put them into a pan with a sprinkling of it between each piece, and as it dissolves on the top, sprinkle on more. Lay a coarse cloth over the pan, and over it a board, and place a weight on the board, to keep the pork down in the brine. If the air be excluded, it will continue good for nearly 2 years.

Average Cost.—*9d.* per lb. for the prime parts.

PORTERHOUSE STEAK.

Ingredients.—A steak, about 1½ inches in thickness, cut from a well-hung sirloin of beef, warm butter or salad-oil.

Method.—Brush the steak over on both sides with salad-oil or warm butter, sprinkle with pepper, and when convenient let it remain for 1 hour before cooking. Grill over a clear fire, and serve with maître d'hôtel butter, groups of button onions fried in butter and glazed, small stuffed tomatoes, horseradish sauce, or suitable accompaniment.

PORT WINE JELLY.

Ingredients.—½ pint of port wine, 1½ gills of water, 1 oz. of loaf sugar, ½ an oz. of leaf gelatine, 1 tablespoonful of red-currant jelly, cochineal.

Method.—Put the water, sugar, red-currant jelly and gelatine into a stewpan, and stir the ingredients by the side of the fire until dissolved. Add half the wine, a few drops of cochineal to improve the colour, and strain through muslin or jelly bag. Add the remainder of the wine at the last.

Time.—About ½ an hour. Average Cost, 1*s.* 3*d.* Sufficient for 1 small mould.

PORT WINE SAUCE (For Venison, etc.).

Ingredients.—¼ pint of gravy from roast venison or mutton, a glass of port wine, 1 teaspoonful of red-currant jelly, a few drops of lemon-juice.

Method.—Put all the above into a small saucepan, bring to the boil, and serve.

Time.—7 or 8 minutes. Average Cost, *4d.* without the gravy.

POTATO BALLS.

Ingredients.—Mashed potatoes, salt and pepper to taste; when liked, a very little minced parsley, egg and breadcrumbs.

Method.—Boil and mash the potatoes (*see* Potatoes, Mashed), add a seasoning of pepper and salt, and when liked a little minced parsley. Roll the potatoes into small balls, cover them with egg and breadcrumbs, and fry in hot oil or dripping, until light brown. Let them drain on a cloth or paper, dish them on a napkin, and serve.

Time.—10 minutes to fry the balls. Seasonable at any time.

POTATO CAKE.

Ingredients.—1 lb. of potato flour, ½ lb. of butter beaten to a cream, ½ lb. of castor sugar, 2 eggs, or the whites of 4, 10 drops of essence of lemon.

Method.—Mix the ingredients and beat them thoroughly for 10 minutes; then pour into a cake-tin, and bake for 15 minutes in a rather quick oven.

Time.—½ an hour. Average Cost, 1*s.* 2*d.* Sufficient for 1 cake.

POTATO CHIPS.

Ingredients. — Potatoes, salt, frying-fat.

Method.—Peel the potatoes, slice them thinly, wash them well in cold water, then drain and dry thoroughly. Fry them in a wire basket in very hot fat until sufficiently cooked, then remove them and re-heat the fat. Wait until the blue vapour arises from the fat, then replace the basket, and fry until the potatoes become crisp and lightly browned. Drain well, sprinkle with salt, and serve.

TIME.—15 minutes.

POTATO CROQUETTES

(*See* Potato Balls).

POTATO NESTS

(*See* Potatoes with Cheese).

The cheese is usually, but not necessarily, omitted in Potato Nests.

POTATO OMELET (Vegetarian Dish).

INGREDIENTS.—1 large potato, 4 eggs, 1 oz. of butter, lemon-juice, nutmeg, salt and pepper.

METHOD.—Bake the potato in its skin, pass the mealy part through a fine sieve, and mix with it the yolks of the eggs, a few drops of lemon-juice, a pinch of nutmeg, and a little salt and pepper. Whisk the whites stiffly, stir them lightly in, and fry the omelet in the hot butter. If preferred, the omelet may be baked in the oven.

TIME.—To fry the omelet, 4 or 5 minutes. AVERAGE COST, 6*d.* to 8*d.* SUFFICIENT for 2 persons.

POTATO PASTE.

INGREDIENTS.—1 lb. of dry, floury potato, 1 lb. of flour, 2 ozs. each of lard and dripping, 1 egg, a little warm milk, 1 good teaspoonful of baking-powder, a good pinch of salt.

METHOD.—Bake enough potatoes (in their skins) to yield 1 lb. of potato, which mash smoothly or pass through a sieve. Rub the lard and dripping lightly into the flour, add the potato, baking-powder, and salt, and stir in the egg and enough milk to form a smooth paste. Roll out to about 1 inch in thickness, cut into rounds or squares, place in a greased tin, and bake in a moderate oven, turning 2 or 3 times during the process, that both sides may be equally browned. Split, butter liberally, and serve at once.

TIME.—To bake, about 25 minutes. AVERAGE COST, 7*d.* SUFFICIENT for 5 or 6 persons.

POTATO PASTE, GERMAN (To serve with Game or Poultry).

INGREDIENTS.—2 lbs. of hot potatoes, 2 ozs. of butter, 2 eggs, grated Parmesan cheese, egg and breadcrumbs, frying-fat.

METHOD.—Pass the hot potato quickly through a sieve, or mash them smoothly. Stir in the butter and eggs, spread smoothly on a dish, making the layer about ¾ inch in thickness, and, when cold, cut it into rounds or squares. Coat carefully with egg and breadcrumbs mixed more or less liberally with cheese, according to taste, and fry in hot fat until nicely browned. Serve as an accompaniment to game or poultry.

TIME.—To fry, about 5 minutes. AVERAGE COST, 10*d.* to 1*s.* SUFFICIENT for 6 or 7 persons.

POTATO PASTY.

INGREDIENTS.—½ lb. of paste, ¼ lb. of raw lean beef cut into dice, ¼ lb. of parboiled potatoes cut into dice, 1 very small onion cooked and finely chopped, pepper and salt, gravy or water.

METHOD.—Make the paste as directed, roll it out, keeping it as round as possible. Mix the meat, potato, and onion together, season well, and moisten with 2 or 3 tablespoonfuls of gravy or water. Place the meat preparation on one half of the paste, wet the edges, fold the other half over, and join neatly and securely. Prick, and bake in a moderate oven for nearly 1 hour, and serve either hot or cold.

TIME.—To bake, from 50 to 60 minutes. AVERAGE COST, 8*d.* or 9*d.* SUFFICIENT for 2 or 3 persons. SEASONABLE at any time.

POTATO PIE (Vegetarian Dish).

INGREDIENTS.—2 lbs. of potatoes, 1 onion, 1 stick of celery, 1 oz. of butter, 1 oz. of sago or tapioca, seasoning, short crust paste to cover, water or milk.

METHOD.—Slice the potatoes and the celery, fry the onion in the butter, and fill a piedish with these, sprinkling in the sago or tapioca, and seasoning to taste. Fill up with water or milk, put on a cover of paste, and bake in a good oven for 1 hour or more, according to size.

TIME.—To bake the pie, about 1 hour. AVERAGE COST, 7*d.*, exclusive of the paste. SUFFICIENT for 3 or 4 persons.

POTATO PUFF.

(*See* **Potato Soufflé**).

When small puffs are required, force the mixture on to a greased baking-tin in small rounds, and cook in a moderately-hot oven until lightly browned.

POTATO RIBBONS, FRIED.

INGREDIENTS.—Potatoes, frying-fat.

METHOD. — Peel the potatoes, throw them into cold water for 10 minutes, dry with a clean cloth, and peel them into ribbons, ½ an inch wide, with a small sharp knife, cutting round and round. Divide these into 6-inch lengths, tie into knots, fry in a frying-basket in a deep pan of hot fat until golden-brown, then drain well on a paper, and serve.

TIME.—From 5 to 6 minutes to fry. AVERAGE COST, 1*d.* per lb. SEASONABLE at any time.

POTATO RICE.

INGREDIENTS.—Potatoes, salt, and butter.

METHOD.—Choose white potatoes, boil them until tender, and mash them. Press them through a large colander on to a hot dish before a fire, shaking the colander lightly every other minute to cause the potatoes to fall off in short grains like rice; serve very hot.

TIME.—From 40 to 50 minutes. AVERAGE COST, 1*d.* per lb. SEASONABLE at any time.

POTATO RISSOLES

(*See* **Potato Balls**).

POTATO ROLLS (Vegetarian Dish).

INGREDIENTS.—Pastry, potatoes, turnips, celery, onion, parsley, sweet herbs, seasoning, 1 oz. of butter, short crust paste.

METHOD.—Cut the potatoes into small pieces. To each lb. add 1 small piece of turnip, 1 stick of celery, 1 small onion, chopped parsley, herbs, and seasoning to taste, and the butter. Roll out the paste to the thickness of ⅛ inch, cut in rounds or squares 4 inches across. Fill each with the vegetables, fold it over like a turnover, and bake about ¾ of an hour. Serve hot or cold.

TIME.—To bake the rolls, ¾ of an hour. AVERAGE COST, 3*d.* or 4*d.*, exclusive of the paste. SUFFICIENT for 6 or 8 rolls.

POTATO SALAD.

INGREDIENTS.—1½ lbs. of small potatoes, ¼ lb. of lean bacon, 1 very small onion finely chopped, 1 teaspoonful of finely-chopped parsley, 1 tablespoonful of mayonnaise sauce, vinegar, salt and pepper.

METHOD.—Boil the potatoes in their skins, peel and slice them whilst hot. Cut the bacon into dice, fry it until nicely browned, then drain well from fat, and put it into a basin with the sliced potato and onion. Season with salt and pepper, stir in the mayonnaise sauce, and about 2 tablespoonfuls of vinegar. Mix carefully so as not to break the potato, and serve in a salad bowl with the surface sprinkled with the parsley.

POTATO SALAD (German Dish).

INGREDIENTS.—8 or 9 potatoes, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped chives, ½ a teaspoonful of finely-chopped onion, ½ a gill of hot stock, 2 tablespoonfuls of salad-oil, 1 tablespoonful of wine vinegar, salt and pepper, slices of pickled beetroot or cucumber.

METHOD.—Boil the potatoes in their skins, peel and slice them thinly, and place them in layers in a salad bowl, sprinkling each layer with parsley, onion, chives, salt and pepper. Mix the oil and vinegar together, add the hot stock, and pour it over the salad. Mix lightly, garnish with beetroot and cucumber, and serve before the potatoes are quite cold. Variety may be introduced by adding a finely-shredded marinaded herring, or a few sardines or anchovies.

TIME.—About ½ an hour. AVERAGE COST, 4*d.* to 6*d.* SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

POTATO SANDERS (Vegetarian Dish).

INGREDIENTS.—Boiled potatoes, flour, salt, breadcrusts soaked in water, chopped parsley and herbs, seasoning, ½ an onion soaked in boiling water.

METHOD.—Have the potatoes hot if possible, mash them and work in sufficient flour to roll out, then cut it in squares. Squeeze the bread dry, add the other ingredients, put a little in each square of paste, and finish off like sausage rolls. Bake in a good oven for 20 minutes, and serve hot.

TIME.—To bake, about 20 minutes. AVERAGE COST, ½*d.* each. ALLOW 2 or 3 to each person.

POTATO SNOW.

INGREDIENTS. — Potatoes, salt, and water.

METHOD.—Choose white potatoes as free from spots as possible, boil them in their skins in salt and water until perfectly tender, drain and dry them thoroughly by the side of the fire, and peel them. Put a hot dish before the fire, rub the potatoes through a coarse sieve on to this dish ; do not touch them afterwards, or the flakes will fall ; serve as hot as possible.

TIME.—From 40 to 50 minutes. AVERAGE COST, 1*d.* per lb. SEASONABLE at any time.

POTATO SOUFFLÉ.

INGREDIENTS.—1 lb. of mealy potatoes, 1 oz. of butter, 1 gill of cream, 3 eggs, salt and pepper, nutmeg.

METHOD.—As soon as the potatoes are cooked, drain and dry them carefully, and rub them through a fine wire sieve. Put them into a basin, and add salt, pepper, and a grating of nutmeg to season. Melt the butter, and stir in, one by one, the yolks of eggs, and the cream, lastly add the whites of eggs, previously whisked to a stiff froth. Put the mixture into a buttered piedish, or into small buttered china or paper soufflé cases. Bake in a hot oven for about 20 minutes. Small cases will take rather less time.

TIME.—From $1\frac{1}{4}$ to $1\frac{1}{2}$ hours. AVERAGE COST, 10*d*. SEASONABLE at any time.

POTATO SOUP.

INGREDIENTS.—1 quart of white second stock, or water, ½ pint of milk, 1 lb. of potatoes, 1 onion, 1 strip of celery, 1 oz. of butter, 1 tablespoonful of fine sago or crushed tapioca, salt and pepper.

METHOD. — Slice the potatoes, onion, and celery. Make the butter hot in a stewpan, add the vegetables, fry and cook until the butter is absorbed, stirring frequently to prevent them browning. Add the stock, and simmer until the vegetables are tender (about 1 hour). Rub through a fine sieve; return to the saucepan, add the milk, and bring to the boil. Sprinkle in the sage, cook until transparent, add seasoning to taste, and serve.

TIME.—About $1\frac{1}{2}$ hours. AVERAGE COST, 9*d*. to 1*s*. SEASONABLE at any time. SUFFICIENT for 4 or 5 persons.

POTATO SOUP (Vegetarian Dish).

INGREDIENTS.—2 lbs. of potatoes, 1 leek, 1 stick of celery, ¼ pint of cream, 1 pint of milk, 1 quart of water, 2 ozs. of butter, salt and pepper, 2 ozs. of sago or tapioca.

METHOD.—Cut up the prepared vegetables, using only the white part of the leek, and put them in a saucepan with the butter. Let them cook for about 10 minutes, but not take colour; then add the milk and water, and boil for about ¾ of an hour, or until the mixture is soft enough to rub through a fine sieve. Boil it again, adding more milk if necessary, sprinkle in the sago, and let it simmer until it is transparent. Lastly, add the cream, which must not boil. Serve with fried bread croûtons.

TIME.—About 1 hour. AVERAGE COST, 1s. SUFFICIENT for 5 or 6 persons.

Note. — The colour of the soup is sometimes spoiled by using an iron saucepan.

POTATO STRAWS.

INGREDIENTS.—5 or 6 medium-sized potatoes, frying-fat, salt.

METHOD.—Peel and slice the potatoes thinly, cut them into strips about $1\frac{1}{2}$ inches long, then wash and drain them well, and dry them on a cloth. Have ready a deep pan of hot fat, fry the straws in a basket until crisp, drain free from fat, sprinkle with salt, and serve.

TIME.—To fry the straws, about 15 minutes. AVERAGE COST, 3*d*. SUFFICIENT for 2 or 3 persons. SEASONABLE at any time.

POTATO VERMICELLI.

INGREDIENTS. — Potatoes, salt and water.

METHOD.—Prepare and cook the potatoes as in either of the two preceding recipes, then press them through a metal potato masher into a hot vegetable dish.

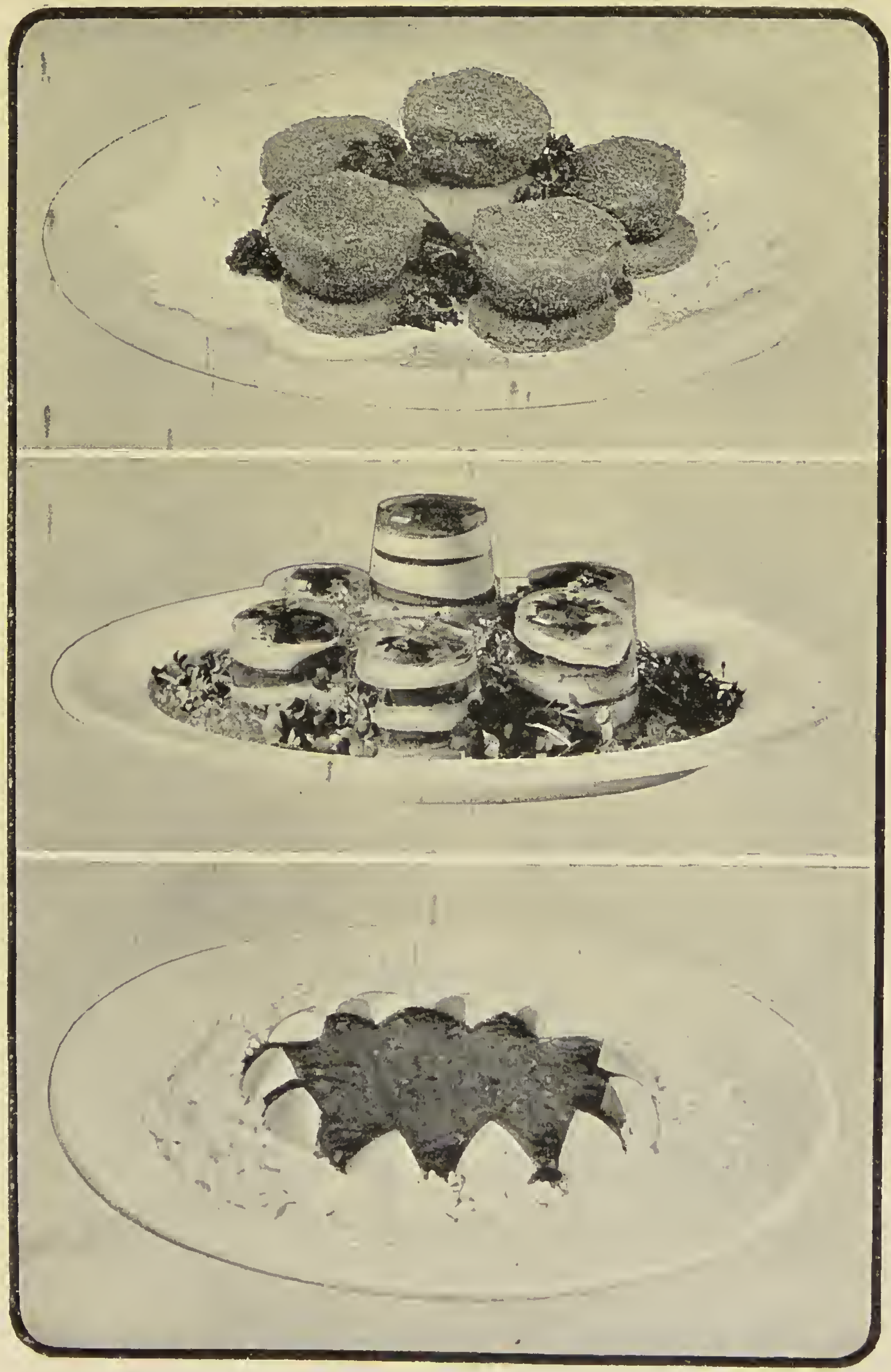
TIME.—From 40 to 50 minutes. AVERAGE COST, 1*d*. per lb. SEASONABLE at any time.

POTATOES, BAKED.

INGREDIENTS.—Potatoes.

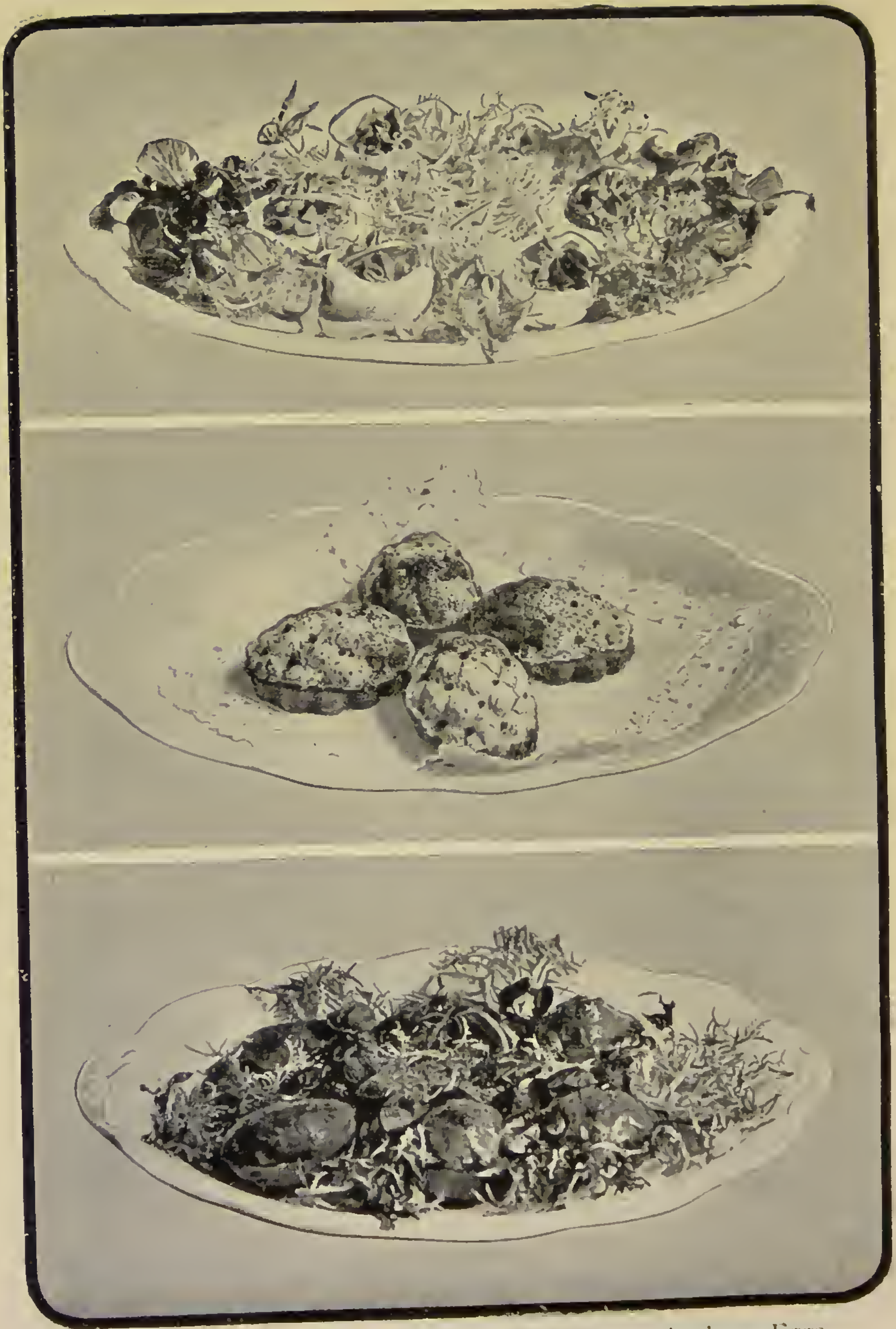
METHOD.—Choose large potatoes, as much of a size as possible; wash them in lukewarm water, and scrub them well, for the brown skin of a baked potato is by many persons considered the better part of it. Put them in a moderate oven, and bake them for about 2 hours, turning them 3 or 4 times while they are cooking. Serve them in a napkin immediately they are done, for if they are kept a long time in the oven they will have a

EGGS. No. 1.



1. Fried Egg Fritters. 2. Eggs in Aspic. 3. Curried Eggs and Rice.

EGGS. No. 2.



1. Eggs à la Courtet. 2. Eggs à la Dreux. 3. Anchovy Eggs.

shrivelled appearance. Potatoes may alos be roasted before the fire in an American oven, but when thus cooked, they must be done very slowly.

TIME.—From 1 to 2 hours, according to size. AVERAGE COST, 1*d.* per lb. SEASONABLE all the year.

POTATOES, BOILED.

INGREDIENTS.—Potatoes, salt.

METHOD.—Choose potatoes of equal size, scrub them, peel them thinly, wash them well in clean cold water, but do not let them remain in it for more than 10 minutes. Put them into a saucepan, with sufficient BOILING water to cover them, add a teaspoonful of salt to each quart of water, and boil GENTLY from 20 to 40 minutes, according to age and size. Ascertain when they are done by trying one with a skewer; if soft, drain off the water, put the saucepan by the side of the fire with the lid tilted, to allow the steam to escape, let them remain for about 10 minutes, then serve.

TIME.—From 20 to 40 minutes. AVERAGE COST, 1*d.* per lb. SEASONABLE at any time.

Note.—Opinions are divided as to whether potatoes should be put into cold or boiling water. Those who adopt the former method can give no reason for so doing, save that of its being an old custom, whereas many who have made a scientific study of the culinary treatment of this vegetable, assert, and with good reason, that the darker layer of potato immediately under the skin is composed almost entirely of gluten, a substance which, like albumen, when subjected to the temperature of boiling water, at once hardens, forming an impervious layer that prevents the water reaching the inner starchy part of the potato. Consequently, the potatoes are more dry and floury than they would otherwise be. Potatoes may be kept hot for some time without spoiling if covered with a folded cloth to absorb the moisture, and the saucepan itself uncovered, to allow the steam to escape.

POTATOES, COLD, TO USE UP.

INGREDIENTS.—1 lb. of cold potatoes, 1 oz. of butter, 2 tablespoonfuls of finely-chopped onion, 2 tablespoonfuls of flour, milk, salt and pepper.

METHOD. — Pass the potatoes through a sieve, or beat them smooth with a fork. Add the butter, onion, and sufficient milk to moisten them, season to taste with salt and pepper, and press the mixture into a well-greased mould or basin. Bake in a moderate oven for about ½ an hour, then turn the potatoes out and serve. For other methods of utilizing cold potatoes, *see* Bubble and Squeak, Potato Balls, Potatoes, Mashed and Baked.

TIME. — To bake the mould, about ½ an hour. AVERAGE COST, 2*d.* to 2½*d.* SUFFICIENT for 2 or 3 persons. SEASONABLE at any time.

POTATOES, CRISP
(*See* **Potatoes, Fried**).

POTATOES, FRIED.

INGREDIENTS.—Potatoes, hot oil or clarified dripping, salt.

METHOD.—Peel and cut the potatoes into thin slices, as nearly the same size as possible, parboil them, and dry them in a cloth. Make some oil or dripping quite hot in a saucepan, put in the potatoes, and fry to a nice brown. When they are crisp and done take them up, drain them on paper before the fire, and serve very hot, after sprinkling them with salt. These are delicious with rump-steak, and in France are frequently served as a breakfast dish. The remains of cold potatoes may be sliced and fried by the above recipe, but the slices must be cut a little thicker.

TIME.—Sliced raw potatoes, 25 minutes; cooked potatoes, 15 minutes. AVERAGE COST, 1*d*. per lb. SEASONABLE at any time.

POTATOES, FRIED (Another Method).

INGREDIENTS.—6 potatoes, ½ lb. of butter, salt.

METHOD.—Peel the potatoes very evenly, cut them into slices as thin as possible. Place the butter in a frying-pan, and as soon as it is boiling add the sliced potatoes, and fry them a bright gold colour, shaking them so as to cook them equally. Drain on sheets of paper before the fire, powder with salt, and serve very hot. Serve with game.

TIME.—10 to 12 minutes to fry. AVERAGE COST, 1*d*. per lb. SUFFICIENT for 3 persons. SEASONABLE at any time.

Note.—POTATO BREAD.—The adhesive tendency of the flour of the potato prevents its being baked or kneaded without being mixed with wheaten flour or meal; it may, however, be made into cakes in the following manner: A small wooden frame, nearly square is laid on a pan like a frying-pan, and is grooved and so constructed that, by means of a presser or lid introduced into the groove, the cake is at once fashioned, according to the dimensions of the mould. The frame containing the farina may be almost immediately withdrawn after the mould is formed upon the pan, because from the consistency imparted to the incipient cake by the heat it will speedily admit of being safely handled; it must not, however, be fried too hastily. It will then eat very palatably, and might from time to time be soaked for puddings, like tapioca, or be used like the casada-cake, for, when well buttered and toasted, it is excellent for breakfast.

POTATOES (German Method of Cooking).

INGREDIENTS.—8 or 9 medium-sized potatoes, 2 ozs. of butter, 2 tablespoonfuls of flour, 2 tablespoonfuls of vinegar, ½ pint of stock, salt and pepper.

METHOD.—Peel and slice the potatoes thinly. Heat the butter in a stewpan, add the flour, and, when lightly browned, stir in the stock and vinegar. Bring to the boil, season to taste, put in the sliced potatoes, and simmer very gently until tender.

TIME.—About 25 minutes. AVERAGE COST, 4*d*. to 5*d*. SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

POTATOES, MASHED.

INGREDIENTS.—1 lb. of potatoes, 1 oz. of butter, 1 or 2 tablespoonfuls of milk, salt.

METHOD.—Peel and steam the potatoes over a saucepan of boiling water, or boil them in their skins, and afterwards peel them. In either case, pass the potatoes through a wire sieve, or mash them well with a fork. Heat the butter in a stewpan, add the milk, stir in the potato, and season to taste with salt. Beat well with a wooden spoon, pile lightly in a hot dish, then serve. *See* Potato Rice, and Potato Vermicelli.

TIME.—To steam the potatoes, from 30 to 40 minutes. AVERAGE COST, 1*d*. per lb. SUFFICIENT for 3 persons. SEASONABLE at any time.

POTATOES, MASHED AND BAKED.

INGREDIENTS.—1 lb. of cold mashed potato, 1½ ozs. of butter, 1 heaped tablespoonful of grated cheese, preferably Parmesan, 1 tablespoonful of milk (about), the yolk of 1 egg, salt and pepper.

METHOD.—Boil the potatoes, and rub them through a sieve whilst hot. Mix all the ingredients well together in a stewpan over the fire, then spread it on a floured board, and shape into rolls about 2½ inches long, and rather less than 1 inch in width. Or, cut into triangular or diamond-shaped pieces, place on a greased baking-tin, brush over with egg, and bake them in a moderately hot oven until nicely browned. Before serving, brush over with warm butter, and sprinkle with finely-chopped parsley. The potatoes may be served as a separate dish, or used as a garnish for many entrées and "dressed vegetables."

TIME.—From 1¼ to 1½ hours. AVERAGE COST, about *6d.* SEASONABLE at any time.

POTATOES, PARISIAN.

INGREDIENTS.—Potatoes, 2 or 3 ozs. of butter, 1 teaspoonful of finely-chopped parsley, salt.

METHOD.—With a large round vegetable scoop prepare as many potatoes as may be required. To 1 pint allow the above proportions of butter and parsley. Heat the butter in a sauté-pan, fry the potatoes over the fire until well browned, then cook more slowly in the oven until tender. Drain off the butter, season with salt, sprinkle with parsley, and serve.

TIME.—About 15 minutes. AVERAGE COST, 1*d.* per lb. SEASONABLE at any time.

POTATOES, ROASTED
(*See* **Potatoes, Baked**).

POTATOES, SAUTÉ OR TOSSED.

INGREDIENTS.—Potatoes, salt and pepper. To 5 or 6 allow 1 oz. of butter.

METHOD.—Choose rather waxy and even-sized potatoes, wash and boil them in their skins until three parts cooked, let them dry thoroughly, then peel and slice them rather thinly. Heat the butter in a sauté or frying-pan, put in the potatoes, and season with salt and pepper. Toss them over the fire until they acquire a little colour, then serve.

TIME.—To sauté the potatoes, from 4 to 5 minutes. AVERAGE COST, 2*d.* to 3*d.* SUFFICIENT for 2 or 3 persons. SEASONABLE at any time.

POTATOES, TO BOIL NEW.

INGREDIENTS.—Potatoes; to each ½ gallon of water allow 1 heaped tablespoonful of salt, a few sprigs of mint.

METHOD.—Have the potatoes as fresh as possible, for they are never good when they have been some time out of the ground. Well wash them, rub or scrape off the skins, and put them and the mint into boiling water salted in the above proportion. Let them boil until tender; try them with a fork, and, when done, pour away the water. Allow them to stand by the side of the fire with the lid of the saucepan partially removed, and when they are thoroughly dry, put them in a hot vegetable dish, with a piece of butter the size of a walnut. If they are old, boil them in their jackets; drain, peel, and serve them as above, placing a piece of butter in the centre. Parsley chopped and mixed with the butter is an improvement.

TIME.—¼ to ½ an hour, according to the size. AVERAGE COST, in full season 1½*d.* per lb. SUFFICIENT, 3 lbs. for 5 or 6 persons. SEASONABLE in May and June, but may be had forced in March and April.

POTATOES, TO STEAM.

INGREDIENTS.—Potatoes, boiling water.

METHOD.—This method of cooking potatoes is now much in vogue, from its convenience when large quantities are required. Pare the potatoes, throw them into cold water as they are peeled, then put them in a steamer. Place the steamer over a saucepan of boiling water, and steam the potatoes from 30 to 40 minutes, according to size and sort. When the fork goes easily through the potatoes they are done; then take them up, dish, and serve very quickly.

TIME.—From 30 to 40 minutes. AVERAGE COST, 1*d.* per lb. SEASONABLE at any time.

POTATOES WITH CHEESE.

INGREDIENTS.—3 medium-sized potatoes, 2 whites of eggs, 1 yolk of egg, 1 heaped tablespoonful of grated cheese, 2 tablespoonfuls of milk, 1 teaspoonful of finely-chopped parsley, 1 oz. of butter, salt and pepper.

METHOD.—Scrub the potatoes and bake them in their skins. When ready, cut in halves, empty the skins into a small stewpan, add the cheese, butter, yolk of egg, milk, and parsley, season with salt and pepper, and mix well over the fire. Beat the whites stiffly, stir them lightly in, then fill the potato skins with the mixture, piling it somewhat high. Brush over with a little yolk of egg, and bake in a moderate oven for about 15 minutes.

TIME.—From 1½ to 2 hours. AVERAGE COST, 6*d.* SUFFICIENT for 6 persons. SEASONABLE at any time.

Note.—This mixture can also be baked in scallop shells or patty-pans, which should be previously well buttered and covered with breadcrumbs.

POTATOES WITH CHEESE (Vegetarian Dish).

INGREDIENTS.—1 lb. of boiled potatoes, 2 tablespoonfuls of milk, pepper and salt, 3 ozs. of grated cheese, browned breadcrumbs, 1 oz. of butter.

METHOD. — Mash the potatoes while hot, add the milk, seasoning, half the butter and cheese. Butter a piedish, strew the crumbs rather thickly, put in the potatoes, and bake for ½ an hour in a good oven. Turn out, and serve hot.

TIME.—To bake the pudding, ½ an hour. AVERAGE COST, 5*d.* SUFFICIENT for 2 persons.

POT-AU-FEU (French Family Soup).

INGREDIENTS.—4 lbs. of brisket of beef, ½ a cabbage, 2 leeks, 1 large onion, 2 carrots, a bouquet-garni (parsley, thyme, bay-leaf), 1 dessertspoonful of chopped parsley, 4 cloves, 12 peppercorns, 1 tablespoonful of salt, ½ lb. of French bread, 6 quarts of cold water.

METHOD.—Put the meat and water into a stock-pot or boiling pot, let it come gently to boiling point, and skim well. Wash and clean the vegetables, stick the cloves in the onion, tie up the cabbage and leeks, and put all in with the meat. Add the carrots cut into large pieces, the bouquet-garni, peppercorns, and salt, and let the whole simmer gently for 4 hours. Just before serving cut the bread into thin slices, place them in a soup tureen, and add some of the carrot, leeks, and onions cut into small pieces. Remove the meat from the pot, season the broth to taste, and strain it into the soup tureen. Sprinkle the chopped parsley on the top and serve. The meat and remaining vegetables may be served as a separate course: they may also be used up in some form for another meal. Or the meat and vegetables may be served and the broth put aside and used on the following day as "Croute-au-pot."

TIME.—4 hours. AVERAGE COST, 2*s.* 4*d.* to 2*s.* 6*d.* SUFFICIENT for 10 or 12 persons. SEASONABLE at any time.

POULTRY, PICKLED.

INGREDIENTS.—2 or 3 fowls, 4 quarts of water, 2 lbs. of common salt, 4 ozs. of brown sugar, ¼ oz. of saltpetre.

METHOD.—Boil the salt, sugar, saltpetre, and water together for ½ an hour, skimming when necessary. Pour the brine into an earthenware vessel, and when quite cold put in the fowls, and let them remain 2 or 3 days. This method of preserving poultry is employed in South Africa, Australia, and other hot countries. The birds are killed, immediately scalded and stripped of their feathers, and at once immersed in brine. They are usually conveyed to market in small barrels, 3 or 4 being packed closely together, and covered with brine. They are best when dressed as a curry or pilau.

POUND CAKE.

INGREDIENTS.—1 lb. of butter, 1¼ lbs. of flour, 1 lb. of castor sugar, 1 lb. of currants, 8 eggs, ¼ lb. of mixed candied peel, 2 ozs. of sweet almonds; and, if liked, a little pounded mace.

METHOD.—Shred the peel very finely, taking equal quantities of orange, lemon, and citron. Blanch the almonds, and chop them finely. Sieve the flour on to a sheet of paper, and add the peel and almonds to it. Put the butter into a clean bowl, and beat it up to a light cream with the hand; then add the sugar, and give it another good beating; add in the eggs one at a time, beating them after each addition of eggs, and when all these ingredients are in, add the flour and carefully mix, using a little milk, if necessary, to bring the mixture to proper cake-batter consistency. Turn the preparation into round tins, lined at the bottoms and sides with white greased paper. Bake it from 1½ to 2 hours, and let the oven be well heated when the cake is first put in, otherwise the currants will all sink to the bottom. A glass of wine is sometimes added to the mixture, but this is scarcely necessary, as the cake will be found quite rich enough without it.

TIME.—1½ to 2 hours. AVERAGE COST, 3*s.* SUFFICIENT: the above quantity can be divided in 2 or more cakes as desired.

POUND PUDDING.

INGREDIENTS.—1 lb. of finely-chopped suet, 1 lb. of currants cleaned, 1 lb. of raisins stoned, ½ lb. of breadcrumbs, ½ lb. of flour, 2 ozs. of shredded mixed peel, 1 teaspoonful of ground ginger, ½ a grated nutmeg, ½ pint of milk, 4 eggs.

METHOD.—Mix all the ingredients well together, and add a little more milk if necessary. Turn into a well-buttered mould, and boil for about 3½ to 4 hours.

TIME.—About 4½ hours. AVERAGE COST, 2*s.* 6*d.* SUFFICIENT for 9 to 11 persons.

PRAWNS, CURRIED.

INGREDIENTS.—3 dozen shelled prawns, 3 ozs. of butter, 1 finely-chopped small onion, 1 dessertspoonful of curry-powder, 1 dessertspoonful of flour, 1 teaspoonful of lemon-juice, ½ pint of milk, salt, 4 ozs. of plainly cooked rice (*i.e.*, boiled in salted water and dried).

METHOD. — Brown the onion lightly in the hot butter, stir in the curry-powder and flour, and cook slowly for 5 minutes. Add the milk and stir until it boils, then cover and let the sauce simmer gently for ½ an hour. Now put in the prawns and lemon-juice, season to taste, cook gently for 10 minutes, and serve with boiled rice.

Time.—1 hour. Average Cost, from 1*s.* 6*d.* to 2*s.* Sufficient for from 4 to 8 persons, according to size. Seasonable at any time.

PRAWNS, CURRIED (Tinned Food).

Ingredients.—1 tin of prawns, ¼ pint of curry sauce, well-boiled rice, lemon-juice.

Method.—Make the sauce as directed (tinned curry sauce may be substituted, or the prawns may be obtained ready curried), put in the prawns, make thoroughly hot, add lemon-juice to taste, and serve in a border of rice, or hand the rice separately.

Time.—10 minutes, after the sauce is made. Average Cost, 1*s.* 4*d.* to 1*s.* 6*d.* Sufficient for 3 or 4 persons.

PRAWNS, CURRY OF.

Ingredients.—2 dozen prawns, 1½ ozs. of butter, 1 dessertspoonful of curry powder, 1 dessertspoonful of flour, 1 sour apple coarsely chopped, 1 small onion sliced, 1 tablespoonful of coaconut grated, 1 teaspoonful of lemon-juice, ½ pint of stock, salt.

Method.—Shell the prawns and put them aside. Melt the butter in a stewpan, fry the onion without browning, then add the curry-powder and flour, and fry slowly for at least 20 minutes. Add the stock, apple, cocoanut, and a little salt, simmer gently for ½ an hour, then strain and return to the stewpan. Season to taste, add the lemon-juice, put in the prawns, and when thoroughly hot serve with well-boiled rice.

Time.—About 1 hour. Average Cost, 2*s.* 6*d.* to 6*s.*, according to the size of the prawns. Sufficient for 5 or 6 persons. Seasonable at any time.

PRAWNS OR SHRIMPS, POTTED.

Ingredients.—1 quart of fresh prawns or shrimps, ¼ lb. of fresh butter, cayenne, pounded mace or nutmeg, a little salt.

Method.—The fish should be perfectly fresh and as large as possible. Boil, then shell them and divide them slightly, and pound to a paste in a mortar with the butter and seasoning. Rub through a fine sieve, press into small pots, cover with clarified butter, and when cold tie down closely.

Time.—8 minutes, to boil the prawns. Average Cost, 1*s.* 3*d.* to 2*s.* Seasonable at any time.

PRAWNS OR SHRIMPS, TO BOIL.

Method.—Prawns should be very red, and have no spawn when cooked; much depends on their freshness, and the way in which they are cooked. Throw them into boiling water, salted, and keep them boiling for about 7 or 8 minutes. Shrimps should be done in the same way, but less time must be allowed. It may easily be known when they are done by their changing colour. Care should be taken that they are not overboiled, as they then become tasteless and indigestible.

Time.—Prawns, about 8 minutes; shrimps, about 5 minutes. Average Cost, prawns, 9*d.* to 1*s.* 6*d.* per dozen; shrimps, 4*d.* to 6*d.* per pint. Seasonable all the year.

PRAWNS, TO SERVE.

In the centre of a dish place a dariol mould, or a small basin when a larger base is required, and cover it with a small serviette. Arrange the prawns around in the form of a pyramid, garnish with tufts of parsley, and serve.

PRIMROSE PUDDING.

INGREDIENTS.—6 ozs. of flour dried and sieved, 4 ozs. of castor sugar, 4 ozs. of butter, 2 large or 3 small eggs, the grated rind of ½ a lemon, vanilla essence.

METHOD.—Work the butter and sugar together until thick and creamy, then stir in the eggs one at a time, and beat the mixture lightly for about 20 minutes. Now add the lemon-rind, a good pinch of salt, a few drops of vanilla essence, and stir in the flour as lightly as possible. Steam in a well-buttered mould from 1¼ to 1½ hours, and serve with custard, wine, vanilla, or other suitable sauce.

TIME.—Altogether, about 2 hours AVERAGE COST, *9d.* SUFFICIENT for 5 or 6 persons.

PRUNE MOULD.

INGREDIENTS.—1 lb. of prunes, 4 ozs. of sugar, 1 oz. of leaf gelatine, 1½ pints of water, 1 lemon, cochineal.

METHOD.—Split the prunes and remove the stones; place them in a stewpan with the water, sugar, juice and thinly-cut rind of the lemon, and simmer from 20 to 25 minutes. Melt the gelatine in 1 tablespoonful of water, and mix with the contents of the stewpan, add a few drops of cochineal, and turn into 1 large or several small moulds rinsed with cold water.

TIME.—Altogether, about 1 hour. AVERAGE COST, *9d.* SUFFICIENT for 4 or 5 persons.

PRUNE SOUFFLÉ.

INGREDIENTS.—½ lb. of prunes, 4 ozs. of castor sugar, 1 oz. of flour, ½ oz. of butter, ½ oz. of almonds blanched and shredded, 1 lemon, 3 eggs.

METHOD.—Wash the prunes and soak them in cold water for 3 or 4 hours. Then place them in a jar with the lemon-rind pared as thinly as possible, and a little cold water, and cook until tender. When cold, remove the stones, and cut the prunes into small pieces. Cream the yolks of the eggs and sugar together, stir in the flour, add half of the prepared almonds, 1 teaspoonful of lemon-juice and the prunes, and mix well. Whisk the whites of the eggs to a stiff froth, add half of it lightly to the rest of the ingredients, and pour the mixture into a buttered soufflé dish or piedish. Bake for about 15 minutes in a moderate oven, then pile the remainder of the whites of eggs on the top, dredge with castor sugar, and scatter on the almonds. Replace in the oven, bake from 15 to 20 minutes longer, and serve hot.

TIME.—To bake, about 40 minutes. AVERAGE COST, *9d.* to *10d.* SUFFICIENT for 6 or 7 persons.

PRUNES, STEWED.

INGREDIENTS.—1 lb. of prunes, 6 ozs. of sugar, 1 pint of water, 1 teaspoonful of lemon-juice.

METHOD.—Rinse the prunes well in cold water, then place them in a basin, add the pint of cold water, and let them soak for at least 6 hours. When ready, put them into a jar, add the sugar and lemon-juice, place the jar in a saucepan of boiling water or in a slow oven, and stew gently from 1½ to 2 hours.

TIME.—To cook, from 1½ to 2 hours. AVERAGE COST, *6d.* to *8d.* SUFFICIENT for 3 or 4 persons.

PRUNE TARTS.

INGREDIENTS.—¾ lb. of prunes, 1 tablespoonful of cranberry juice, sugar to taste, short crust paste.

METHOD.—Scald the prunes, remove the stones, and take out the kernels; put the fruit and kernels into the cranberry juice, and add the sugar; simmer for 10 minutes, when cold make the tarts. Any stone fruit can be cooked in the same way.

TIME.—About 1 hour. AVERAGE COST, *8d.* to *1s.* SUFFICIENT for 2 medium-sized tarts.

PTARMIGANS, ROASTED.

INGREDIENTS.—Ptarmigans, butter for basting, a slice of bacon for each bird, fried breadcrumbs, good brown gravy, bread sauce.

METHOD.—Let the birds hang in a cool dry place for 3 or 4 days. When ready for use, pluck, draw, and truss them in the same manner as roast grouse. Tie over each breast a slice of fat bacon, and roast before a clear fire from 30 to 35 minutes, basting very frequently with butter. When about three-quarters cooked remove the bacon, dredge lightly with flour, and baste well to give the birds a nice appearance. Dish on the toast, which should be previously put into the dripping-tin to catch the gravy that drops from the birds, and serve the bread sauce, fried breadcrumbs fried, and gravy separately.

TIME.—From 30 to 35 minutes. AVERAGE COST, from *2s.* to *3s.* the brace. SEASONABLE from September to April.

PUFFS, FRIED

(*See* **Soufflé Fritters**).

PUMPKIN AND APPLE PIE.

INGREDIENTS.—Pumpkin, apples, sugar, ground allspice, paste.

METHOD.—Remove the rind, seeds, and puffy centre part of the pumpkin, and slice the rest thinly. Fill a piedish with alternate layers of apple and pumpkin, sprinkling each layer with sugar and a pinch of allspice. Add 3 or 4 tablespoonfuls of water, cover with paste, and bake in a moderately hot oven from 45 to 60 minutes. Serve hot.

TIME.—To bake, from 45 to 60 minutes. AVERAGE COST, uncertain. SUFFICIENT for 6 or 7 persons. SEASONABLE in summer.

PUMPKIN, FRIED

(*See* **Vegetable Marrow, Fried**).

PUMPKIN, MASHED

(*See* **Vegetable Marrows, Mashed**).

PUMPKIN PIE.

INGREDIENTS.—1 pumpkin, 5 eggs, milk, castor sugar, ¼ of a teaspoonful of grated lemon-rind, 1 pinch each of cinnamon and ginger, short crust paste, salt.

METHOD.—Peel and slice the pumpkin, remove the seeds, boil it in slightly-salted water until tender, and pass it through a fine sieve. Beat and add the eggs, sweeten to taste, put in the lemon-rind, cinnamon, and ginger, and stir in gradually sufficient milk to reduce the consistency to that of thick batter. Turn the mixture into a piedish lined with short crust paste, cover and bake in a moderately hot oven from 40 to 45 minutes. Serve hot.

TIME.—To bake the pie, from 40 to 45 minutes. AVERAGE COST, uncertain. SUFFICIENT for 6 or 7 persons. SEASONABLE in summer.

PUMPKIN PIE (Another Method).

INGREDIENTS.—To every quart of pumpkin strained, allow 6 eggs, ¼ lb. of butter, ½ pint of sweet milk, ½ lb. of white sugar, 1 tablespoonful of French brandy, 1 gill of Madeira or sherry, short crust paste.

METHOD.—Cut the pumpkin into large pieces; peel these, and put them into cold water over a very slow fire; simmer, without boiling, until every piece is tender, then strain through a colander, and afterwards through coarse muslin. To every quart of the pumpkin add the ingredients given above, the eggs previously beaten till thick and light, and the butter and sugar stirred to a cream. When well mixed, bake in a piedish lined and covered with paste.

TIME.—1½ hours. AVERAGE COST, 2*s.* per pie. SUFFICIENT for 6 or 8 persons.

PUMPKIN PIE (Australian Recipe).

INGREDIENTS.—½ pint of pumpkin pulp, ¾ pint of milk, 2 eggs, 2 ozs. of sugar, mace or nutmeg, short crust.

METHOD.—Take a ripe pumpkin, pare off the skin, halve it, remove the seeds, and cut it into thick slices. Put it into a lined stewpan or earthenware jar with a small quantity of water, and stew gently until tender. Pass through a fine sieve, measure the pulp, add the sugar, yolks of eggs, milk, and a little mace or nutmeg, and lastly the whites of eggs previously whisked to a stiff froth. Have a piedish ready lined round the edges with paste, put in the preparation, cover with paste, and bake in a quick oven. Serve either hot or cold.

PUMPKIN, TO PRESERVE.

INGREDIENTS.—To each lb. of pumpkin allow 1 lb. of preserving sugar, 2 tablespoonfuls of lemon-juice, the finely-grated rind of 1 lemon, and ½ a teaspoonful of ground ginger.

METHOD.—Pare and halve the pumpkin, remove the seeds, and slice thinly. Lay the slices on a large dish, covering each layer thickly with sugar, add the lemon-juice, and let it remain for 3 days. Turn the whole into a preserving-pan, add the lemon-rind and ginger, and ½ pint of cold water to 3 lbs. of fruit, bring slowly to boiling point, and continue the cooking until the slices of pumpkin are quite tender, but not broken. Transfer carefully to an earthenware bowl, let it remain covered for 7 days, then lift the slices of pumpkin carefully into jars, and strain the syrup into a preserving-pan. Boil the syrup to the "large pearl" degree (*see* Sugar to Boil), pour it over the pumpkin, cover closely, and, when cold, put the jars into a cool, dry place.

TIME.—10 days. AVERAGE COST 4*d.* to 5*d.* per lb.

PUNCH.

INGREDIENTS.—1 quart of very old ale, 1 pint of boiling water, ¼ pint of rum, ¼ pint of whisky, ¼ pint of gin, 1 lemon thinly sliced, sugar to taste, a pinch of ground cinnamon, a pinch of ground cloves, a pinch of grated nutmeg.

METHOD.—Put all these ingredients into a large stewpan, and bring nearly to boiling point. Strain into a punch bowl, add a few fresh thin slices of lemon, and serve.

PUNCH, COLD.

INGREDIENTS.—1 bottle of rum, 2 small glasses of Curaçoa, 1 bottle of white wine, ½ lb. of powdered sugar, 1 large lemon, ½ pint of water, ice.

METHOD.—Put the sugar and lemon-rind into a bowl with the water; when dissolved add the spirits, the wine, and the juice of the lemon. Break some ice into the bowl before serving.

PUNCH JELLY.

INGREDIENTS.—1 pint of water, 1 wineglassful each of rum, sherry, and kirsch, ½ lb. of loaf sugar, 1½ ozs. of French gelatine, 2 lemons, 1 egg, ½ inch of cinnamon, 20 coriander seeds.

METHOD.—Put the water and sugar into a stewpan, and boil to a syrup. Add the finely-cut rind of the lemons, the gelatine, previously softened in a little cold water, and stir until the latter dissolves. Now put in the lemon-juice, rum, sherry, kirsch, cinnamon, and coriander seeds, bring to the boil, and let it cool. Beat up the white and shell of the egg, add the mixture to the contents of the stewpan when sufficiently cool, and whisk by the side of the fire until boiling. Simmer very gently for 10 minutes, then strain through a hot jelly-bag or a cloth until clear, and pour into a mould previously rinsed with cold water.

TIME.—About 1 hour. AVERAGE COST, 1*s.* 9*d.* SUFFICIENT for 1½ pints of jelly.

QUAILS EN CASSEROLE (Casserole Cookery).

INGREDIENTS.—6 quails, 1 gill of milk, 2 ozs. of butter, 1 handful of breadcrumbs, salt, pepper, nutmeg, 2 yolks of eggs, parsley, shallot, 3 or 4 chicken livers, 6 slices of bacon. 1 gill of Madeira sauce, 1 bay-leaf.

METHOD.—Prepare the quails as for stuffing. Put the milk in an earthenware stewpan, add the butter, a small bay-leaf, salt, pepper, and a little grated nutmeg, and boil. Stir in the breadcrumbs, and let simmer for 10 minutes. Remove the bay-leaf, and stir in the egg yolks. Cut the chicken livers up small, sauté them in butter in which the finely-chopped shallot has been blended, season with pepper and salt, and rub through a sieve. Mix the purée with the breadcrumbs, etc., and stuff the bird with this. Wrap each quail in a thin slice of bacon, place them in an earthenware pan (casserole) with the remainder of the butter, and cook over a slow fire for ½ an hour. Pour off the fat, add the sauce, and finish cooking.

TIME.—About 1 hour. AVERAGE COST, 9*s.* to 10*s.* 6*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE from October to February.

QUAILS, ROASTED.

INGREDIENTS.—Quails, as many vine-leaves, small slices of fat bacon, and square croûtons of buttered toast as there are birds, good brown gravy, fried breadcrumbs, watercress, butter for basting.

METHOD.—Pluck the birds, remove the head, neck, and crop, but leave the trail. Truss the birds for roasting, brush them over with warm butter, cover each breast with a vine-leaf, and tie a piece of bacon over the leaf. Attach them to a long steel skewer, running it through the body of each bird, and either roast or bake from 12 to 15 minutes, basting frequently with hot butter. When cooked, remove the skewers and strings, but the bacon and vine-leaves may be served or not as preferred; if not removed, the bacon should be brushed over with warm glaze. Serve the birds on the toast, which should previously be put into the dripping-tin to catch the trail as it drops from the birds, garnish with watercress, and send the gravy and breadcrumbs to table in sauce-boats.

TIME.—From 12 to 15 minutes. AVERAGE COST, 1*s.* each. SEASONABLE from September to February.

QUAILS, STUFFED.

INGREDIENTS.—Quails, liver farce, Madeira sauce, finely-chopped truffle, finely-chopped cooked ham, 2 ozs. of butter, white of egg, pork caul, salt and pepper. Vegetables for garnish.

METHOD.—Bone the quails, stuff them with the prepared farce, press into a good shape, and encircle each one with a band of buttered paper. Heat the butter in a sauté-pan, baste the birds well, and roast them in a moderate oven from 15 to 20 minutes, basting frequently. Meanwhile, wash the caul in salt and water, dry it well, and cut it into pieces large enough to contain half a bird. Split the birds in halves with a hot wet knife, enfold each half in a piece of caul, brush over with white of egg, and sprinkle one half of them with ham and the other half with truffle. Re-heat the butter in the sauté-pan, replace the birds, cover them with a buttered paper, and cook gently in the oven for 10 minutes. Dish in a close circle on a potato border, alternating the colours, fill the centre with asparagus points, peas, flageolets, or purée of spinach, and pour the hot Madeira sauce round. If preferred, the birds, instead of being sprinkled with ham and truffle, may be simply wrapped in caul, cooked for 10 minutes, then brushed over with warm glaze, and served in paper cases.

TIME.—About ½ an hour to cook. AVERAGE COST, 9*d.* to 1*s.* each. SEASONABLE from September to February.

QUEEN CAKES.

INGREDIENTS.—1 lb. of flour, ½ lb. of butter, ½ lb. of castor sugar, 3 eggs, 1 teacupful of cream, ½ lb. of currants, 1 teaspoonful of baking-powder, essence of lemon, or almonds, to taste.

METHOD.—Sieve the baking-powder well with the flour on to a sheet of paper. Put the butter, sugar, and cream into a clean basin, and beat up to a light cream. Add the eggs one at a time. When all the eggs are in, add the flour and fruit, and moisten with milk to the consistency of cake-batter. Put it into small buttered tins, and bake the cakes from ¼ to ½ an hour. Grated lemon-rind may be substituted for the lemon and almond flavouring, and will make the cakes equally nice.

TIME.—¼ to ½ an hour. AVERAGE COST, 1*s.* 9*d.* SUFFICIENT for 2 or 3 dozen small cakes.

QUEEN MAB'S PUDDING.

INGREDIENTS.—4 ozs. of castor sugar, 1 oz. of gelatine, 1 pint of milk, ½ pint of double cream, 6 yolks of eggs, 2 ozs. of glacé cherries halved, 1 oz. of candied citron peel shredded, vanilla essence.

METHOD.—Soak the gelatine in the milk for ½ an hour, then stir it over the fire until dissolved, and add the sugar. Cool slightly, put in the yolks of eggs and cream, stir by the fire until the mixture thickens, but it must not boil. Let it cool, add the cherries, citron, and vanilla to taste, stir until on the point of setting, then turn into a mould previously lined with jelly, or rinsed with cold water.

TIME.—About 1 hour. AVERAGE COST, 2*s.* 3*d.* SUFFICIENT for 5 or 6 persons.

QUEEN OF BREAD PUDDINGS

INGREDIENTS.—1 pint of milk, ½ pint of breadcrumbs, ¾ oz. of butter, 1 oz. of castor sugar, 2 eggs, the grated rind of 1 lemon, apricot or raspberry jam.

METHOD.—Boil the milk, pour it over the breadcrumbs, add the sugar, butter, lemon-rind, and when it has cooled a little, stir in the beaten yolks of eggs. Place the mixture in a buttered piedish, and bake for 10 minutes or until set. Now spread on a thick layer of jam, cover with the stiffly-whisked whites of eggs, and dredge well with castor sugar. Return it to the oven, and bake until the meringue hardens and acquires a little colour.

TIME.—About 1 hour. AVERAGE COST, 10*d*. SUFFICIENT for 5 or 6 persons.

QUEEN'S PUDDING.

INGREDIENTS.—4 ozs. of finely-chopped suet, 2 ozs. of castor sugar, 6 bananas sliced, 3 eggs, 1 breakfastcupful of whole meal, 1 breakfastcupful of boiling milk.

METHOD.—Mix the suet, sugar, bananas, and meal together, add the milk, and cover closely. Let the preparation stand for at least 1 hour, then add the eggs and a little more milk if at all stiff, and beat well. Turn into a buttered basin, steam gently for about 1 hour, and serve with wine sauce.

TIME.—To steam the pudding, about 1 hour. AVERAGE COST, 1*s*. 4*d*. to 1*s*. 6*d*. SUFFICIENT for 5 or 6 persons.

QUENELLES, TO SHAPE.

To make quenelles a good shape it is necessary to use a knife and two dessertspoons, or smaller spoons when intended for soup. Dip one of the spoons in hot water to prevent the mixture sticking to it, fill it with the farce, press it from the sides, and raise it in the centre with the knife (previously dipped in hot water), making it a nice oval shape. Take the other spoon, dip it into hot water, pass the knife carefully round the edge of the quenelle, transfer it to the second spoon and shape as before. As the quenelles are shaped they should be placed in the sauté-pan, or stewpan, in which they are to be cooked. When ready, sufficient boiling stock or water to half cover them should be added, and the top of the quenelles must be covered with a sheet of greased paper to preserve the colour, and keep moist that part of the quenelles not under water.

QUINCE AND APPLE MARMALADE (*See* Quince Marmalade).

Use equal parts of quince and apple purée.

QUINCE BLANCMANGE.

INGREDIENTS.—1 lb. of ripe quinces, 6 ozs. of castor sugar, ¾ oz. of gelatine, ¼ pint of double cream, 1 pint of water.

METHOD.—Peel and core the quinces, simmer them in the water until quite soft and broken, but not reduced to a pulp, then strain through a jelly-bag. Replace the liquor in the pan, add the sugar and the gelatine previously soaked in a little cold water, and stir and boil gently until the gelatine is dissolved. When cool, add the cream, mix well, and turn into a mould rinsed with cold water.

TIME.—About 1½ hours. AVERAGE COST, 1*s*. 6*d*. SUFFICIENT for 4 or 5 persons.

QUINCE MARMALADE.

INGREDIENTS.—To each lb. of quince pulp allow ¾ lb. of loaf or preserving sugar.

METHOD.—Pare the fruit, put it into a preserving-pan with as much water as will just cover the bottom of the pan, and stew gently until reduced to a pulp. Pass through a hair sieve, weigh the pulp, replace it in the pan, add the sugar, and cook very gently until the marmalade sets quickly when tested on a cold plate. Turn into pots, cover with paper brushed over on both sides with white of egg, and store in a cool, dry place.

TIME.—About 4 hours. AVERAGE COST, 10d. per lb.

QUOORMA CURRY (Indian Recipe).

INGREDIENTS.—1 lb. of lean mutton, 2 ozs. of butter, 3 ozs. of shallots or onions finely chopped, 1 clove of garlic very finely chopped, 1 dessertspoonful of finely-grated green ginger, 1 dessertspoonful of rice flour, 1 teaspoonful of ground coriander seed, 1 teaspoonful of ground black pepper, ½ a teaspoonful of ground cardamoms, ½ a teaspoonful of ground cloves, 1 teaspoonful of ground turmeric, 1 saltspoonful of sugar, 1 pint of mutton stock, ½ pint of milk, 2 ozs. of ground almonds, the juice of 1 lemon, salt.

METHOD.—Cut the meat into ½-inch squares, sprinkle over them the ginger and a good seasoning of salt, and let them remain for 1 hour. Melt the butter in a stewpan, fry the shallots and garlic until lightly browned, then add the rice flour, coriander, pepper, cardamoms, and cloves, and cook gently for 10 minutes. Add the stock, boil up, and simmer gently for 15 minutes; then pour over the meat, and let it stand covered for ½ an hour. When ready, turn the whole into a stewpan, boil up, and cook as slowly as possible for ½ an hour, or until the meat is quite tender. Meanwhile, soak the pounded almonds in the milk, and when the meat is tender, strain the milk 2 or 3 times through fine muslin, pressing the almonds well each time, then add it to the contents of the stewpan. Mix the turmeric smoothly with a little stock or water, stir it in, add the sugar and salt to taste, and continue to cook as slowly as possible for 20 minutes longer. Add the lemon-juice just before serving.

TIME.—2 hours. AVERAGE COST, 1*s.* 7*d.* to 1*s.* 9*d.* SUFFICIENT for 4 persons.

RABBIT (American Style).

INGREDIENTS.—1 rabbit, ¼ pint of tomato purée, 1½ ozs. of butter, 1 oz. of flour, 2 ozs. of dripping, stock, salt and pepper, lemon-juice, castor sugar.

METHOD.—Wash and dry the rabbit thoroughly, and divide it into neat joints. Heat the dripping in a stewpan, fry the rabbit until well browned, and drain away the fat. Barely cover with stock, put on a close-fitting lid, and cook very gently until tender. Meanwhile, heat the butter in another stewpan, fry the flour slowly until it acquires a nut-brown colour, then stir in the tomato purée. When ready, remove the rabbit and keep it hot. Strain and add ¾ pint of the stock to the blended flour and butter. Stir until boiling, season to taste, and add a pinch of sugar and about 1 teaspoonful of lemon-juice. Put in the rabbit, make thoroughly hot, then serve.

TIME.—To stew, from 1 to 1¼ hours. AVERAGE COST, 1*s.* 9*d.* to 2*s.* 1*d.* SUFFICIENT for 3 or 4 persons. SEASONABLE from September to March.

RABBIT, BOILED.

INGREDIENTS.—1 rabbit, 1 onion, 1 carrot, ½ a turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, salt, onion sauce, boiled or fried bacon.

METHOD.—Wash and truss the rabbit, put it into boiling water; when the water re-boils add the vegetables cut into large pieces, the bouquet-garni, peppercorns, and a teaspoonful of salt. Cook gently from 45 to 60 minutes, according to the age and size of the rabbit. Remove the skewers, serve on a hot dish, coat with onion sauce, and send the remainder to table in a sauce-boat. Serve the bacon on a separate dish, unless small rolls are preferred, when they may be used as garnish. The liquor in which the rabbit was cooked may be served separately as broth, or afterwards converted into a white soup.

TIME.—From 45 to 60 minutes. AVERAGE COST, 1*s.* 9*d.* to 2*s.* SUFFICIENT, one large rabbit for 4 persons.

RABBIT BROTH.

INGREDIENTS.—2 quarts of water, 1 rabbit, 1½ lbs. of bacon or pickled pork, 2 onions, 1 carrot, ½ a turnip, 1 strip of celery, 1 tablespoonful of rice, salt and pepper.

METHOD.—Wash the rabbit, and if it is to be served separately, keep it whole and truss for boiling; if not, cut it into small joints, and remove the liver, etc. If bacon is used, let it be well scraped, and soaked in warm water for 1 or 2 hours. Cut the vegetables into small dice or cubes. Put the water into a large stewpan, add the bacon and rabbit, bring slowly to the boil, remove the scum as it rises, and when the rabbit has cooked for 1 hour put in the vegetables, rice, and a little salt, and continue the cooking for another hour. Take out the rabbit, and if it is to be served separately, have ready some onion sauce, or white sauce, to serve with it. If the rabbit has been cut into joints, take them out of the stewpan, remove the meat from the bone, cut it into small dice, and return to the broth to be re-heated. Cut a little of the bacon also into dice: the rest can be used cold. Season to taste, and serve.

TIME.—2¼ to 2½ hours. AVERAGE COST, 2*s.* 3*d.* to 2*s.* 6*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE in winter.

RABBIT, BROWN STEW OF.

INGREDIENTS.—1 rabbit, 1 pint of stock, 2 ozs. of butter, ¾ oz. of flour, 2 cloves, 1 blade of mace, 1 bay-leaf, salt and pepper, small rolls of crisply-fried bacon.

METHOD.—Cut up the rabbit, fry it in hot butter, removing the pieces as soon as they are lightly browned. Fry the onions and flour until well browned, add the stock, herbs, and seasoning, stir until boiling, then replace the rabbit, cover, and simmer gently for about 1 hour. Arrange the rabbit neatly on a hot dish, strain over the sauce, and garnish with the bacon.

TIME.—From 1¾ to 2 hours. AVERAGE COST, 1*s.* 9*d.* to 2*s.* 6*d.* SUFFICIENT for 3 or 4 persons. SEASONABLE from September to March.

RABBIT, CREAM OF.

INGREDIENTS.—½ lb. of raw rabbit, ¼ pint of thick white sauce, 1 small egg, salt and pepper, ½ pint of brown sauce.

METHOD.—Chop the flesh of the rabbit finely, or pass it two or three times through a mincing machine, and pound it in a mortar until smooth. Work in the egg, add the white sauce, season well with salt and pepper, and pass the mixture through a fine sieve. Press lightly into 6 or 8 well-buttered bomb or other small moulds, steam gently until firm, and serve with the brown sauce strained over the dish.

TIME.—To steam the moulds, from 15 to 20 minutes. AVERAGE COST, about 2*s*. SUFFICIENT for 6 or 8 moulds. SEASONABLE from September to March.

RABBIT, CURRIED.

INGREDIENTS.—1 rabbit, 4 or 5 ozs. of cooked rice, 3 ozs. of butter or fat, 2 onions, 1 apple, ¾ pint of stock, 1 tablespoonful of curry-powder, 1 tablespoonful of flour, the juice of a lemon, salt.

METHOD.—Wash the rabbit, dry it thoroughly, and divide it into small joints; slice the apple and the onions. Heat the butter or fat in a stewpan, fry the rabbit until lightly browned, remove it, put in the onions, and when they have acquired a deep brown colour add the curry-powder and flour, and fry for 10 minutes. Now put in the stock, and when boiling replace the rabbit, add the apple, salt to taste, cover, and simmer gently for 1½ to 1¾ hours. Before serving, add the lemon-juice and seasoning if necessary. Pile the rabbit in the centre of a hot dish, strain the sauce over, and serve the rice separately.

TIME.—From 2¼ to 2½ hours. AVERAGE COST, from 2*s*. to 2*s*. 6*d*. SUFFICIENT for 3 or 4 persons.

RABBIT, CURRIED (Casserole Cookery).

INGREDIENTS.—1 rabbit, seasoned flour (flour mixed with salt and pepper to taste), 2 ozs. of butter or dripping, 1 finely-chopped onion, 1 tablespoonful of mild curry-powder (Madras or Laxami), 1 clove of crushed garlic, ½ a teaspoonful of ground cinnamon, ½ a teaspoonful of ground ginger, a little ground mace, 1½ pints of brown stock, 6 button mushrooms, plain boiled rice.

METHOD.—Wash the rabbit and dry thoroughly. Cut it into neat joints, dip each piece into the seasoned flour. Fry the rabbit in a large casserole, containing the butter or dripping. When nicely browned, remove the rabbit, add a finely-chopped onion to the fat in the pan, fry this with the mild curry-powder and add also the clove of crushed garlic. Fry for a few moments more, then put in the pieces of rabbit, the ground cinnamon, ground ginger, and a little ground mace. Moisten with the brown stock, and boil, stirring occasionally. Skim well, add the mushrooms peeled, and let the whole simmer gently, with the lid on the casserole, for 1½ hours or less. Have ready some plain boiled rice to be handed round as the curry is served.

TIME.—From 1½ to 2 hours. AVERAGE COST, about 2*s*. SUFFICIENT for 3 or 4 persons. SEASONABLE from September to February.

RABBIT CUTLETS.

INGREDIENTS.—2 rabbits, liver farce, brown sauce, egg, breadcrumbs, butter or frying-fat, parsley.

METHOD.—Cut off the legs and necks of the rabbits, and put them aside to be afterwards converted into a ragoût or pie. Remove the flesh from the back of each rabbit, keeping it whole, and afterwards divide it into pieces of even and suitable size. Flatten them with a cutlet-bat, trim neatly, and fry gently for 10 or 15 minutes in hot butter or fat. Press between two dishes until cold, then cover one side rather thickly with liver farce, and coat carefully with egg and breadcrumbs. Fry in a deep pan of fat until nicely browned, then drain well and serve garnished with fried parsley. Send the sauce to table in a sauce-boat.

TIME.—To fry, 10 or 15 minutes,

and afterwards 6 or 7 minutes. Average Cost, rabbits from 1*s.* 2*d.* to 1*s.* 6*d.* each. Seasonable from September to March.

RABBIT, DARIOLES OF.

Ingredients.—½ lb. of finely-chopped raw rabbit, 1 oz. of panada, 2 tablespoonfuls of brown sauce, 2 tablespoonfuls of cream, 1 egg, salt and pepper, mushroom or oyster sauce.

Method.—Pound the rabbit until smooth, add the egg, panada, salt and pepper to taste, and, when well mixed, pass through a fine wire sieve. Stir in the cream and brown sauce, press the preparation lightly into well-buttered darioles, and steam gently until firm. Unmould and serve with mushroom, oyster, or celery sauce.

Time.—To steam the darioles, from 20 to 25 minutes. Average Cost, 1*s.* 8*d.* to 2*s.* 2*d.* Sufficient for 6 or 8 darioles. Seasonable from September to March.

RABBIT, EN CASSEROLE.

Ingredients.—1 good-sized rabbit, 4 strips of fat bacon, butter, 2 onions sliced, bacon (cut into cubes), salt, pepper, 1 heaped teaspoonful of flour, 1 glass of white wine (Chablis or Sauterne), 1 small bouquet garni, 1 pint of stock.

Method.—Wash and wipe the rabbit, divide it into joints, lard the legs and breast portion with the strips of bacon fat, and fry in an earthenware casserole containing butter, sliced onions, and bacon cut into cubes. When a nice light brown colour, season with salt and pepper, and besprinkle with the flour. Stir over the fire until the flour has acquired a chestnut tint, then moisten with the white wine: add the bouquet-garni and the stock. Boil up, place the lid on the pan, and cook in the oven or over a slow fire until the meat is quite tender. Remove the bouquet of herbs, and any scum from the surface of the stew, and serve in the casserole.

Time.—1½ to 2 hours. Average Cost, 2*s.* to 2*s.* 6*d.* Sufficient for 3 or 4 persons. Seasonable, September to February.

RABBIT, FILLETS OF.

Ingredients.—2 rabbits, larding bacon, a mirepoix, stock glaze, ½ pint of brown sauce.

Method.—Remove the flesh from the back of each rabbit (*see* Rabbit Cutlets), divide into pieces of suitable size, and lard one side of them in close even rows. Place the vegetables in a stewpan, add stock to nearly cover them, and lay the fillets on the top. Cover with a greased paper, put on the lid, which should fit closely, and cook very gently for about 1 hour, adding more stock from time to time. Put the fillets into a hot oven for a few minutes, to crisp the bacon, then brush them over with glaze, and serve on a hot dish with the sauce poured round.

Time.—To braise the fillets, about 1 hour. Average Cost, rabbit from 1*s.* 2*d.* to 1*s.* 6*d.* Sufficient for 5 or 6 persons. Seasonable from September to March.

RABBIT, FRICASSÉE OF.

Ingredients.—1 young rabbit, 2 ozs. of butter, 1½ ozs. of flour, white stock, ½ pint of milk, 2 onions sliced, 1 carrot sliced, ½ a small turnip sliced, 1 or 2 strips of celery shredded, a bouquet-garni (parsley, thyme, bay-leaf), 1 blade of mace, 6 white peppercorns, salt and pepper.

Method.—Cut the rabbit into neat joints, and after rinsing in warm water, place them in a stewpan, and add just sufficient white stock to cover. Bring to boiling point, add the prepared vegetables, peppercorns, and a little salt, cover closely, and cook gently for about 1¼ hours, or until the rabbit is tender, adding a little milk from time to time, to replace the stock. Meanwhile, melt the butter, add the flour, stir and cook gently without browning, and put aside until wanted. When ready, take up the rabbit and keep it hot, strain and add ¾ pint of the stock to the blended flour and butter, stir until boiling, and simmer gently for 10 minutes. Pass the vegetables through a fine sieve, and stir the purée into the sauce. Season to taste, replace the rabbit, make thoroughly hot, then serve.

Time.—About 1½ hours. Average Cost, 1*s*. 9*d*. to 2*s*. Sufficient for 3 or 4 persons. Seasonable from September to March.

RABBIT, FRIED, WITH TARTARE SAUCE.

Ingredients.—1 young rabbit. For the marinade, or sauce: ¼ pint of salad-oil, 1 tablespoonful of chili vinegar, 1 tablespoonful of malt vinegar, 1 finely-chopped shallot, 2 cloves, 1 bay-leaf, 1 blade of mace, salt and pepper, ¼ pint of mayonnaise sauce, 1 tablespoonful of coarsely-chopped pickled gherkins, egg, breadcrumbs, frying-fat.

Method.—Bone the legs of the rabbit, and remove the flesh from the back in large fillets. Place them in a deep dish, pour over the marinade, and let them remain in it for at least 1 hour, turning frequently. Make the mayonnaise sauce as directed, and add to it the chopped gherkin. Drain the pieces of rabbit well, coat them with egg and breadcrumbs, and fry in hot fat until nicely browned. Drain well, arrange in a pyramidal form on a hot dish, garnish with crisply-fried parsley, and serve the mayonnaise sauce in a sauceboat.

Time.—From 1½ to 2½ hours. Average Cost, 2*s*. 3*d*. to 2*s*. 9*d*. Sufficient for 3 or 4 persons.

RABBIT IN ASPIC JELLY.

Ingredients. — Cooked rabbit, aspic jelly, hard-boiled eggs, shredded bacon.

Method.—Divide the rabbit into neat pieces. Cover the bottom of a plain mould with a thin layer of liquid, but cold aspic jelly, and, when set, decorate with slices or sections of egg, and add more jelly. Arrange the pieces of rabbit in layers interspersed with strips of bacon and slices of egg, and fill up with jelly. Put aside until set, then unmould, garnish with chopped aspic, and serve.

Time.—To set the aspic, from 2 to 3 hours. Average Cost, 2*s*. 6*d*. to 3*s*. Seasonable from September to March.

RABBIT, JUGGED.

Ingredients.—1 rabbit, 1 pint of good stock, 1 glass of port or claret, 1 dessertspoonful of lemon-juice, 2½ ozs. of butter, 1 oz. of flour, 1 medium-sized onion, 2 cloves, 8 peppercorns, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper, veal forcemeat, red-currant jelly.

Method.—Wash and dry the rabbit and cut it into neat joints. Fry in 1½ ozs. of hot butter until well browned, and afterwards follow the directions for Hare, Jugged.

Time.—To cook, about 2 hours. Average Cost, 2*s*. 3*d*. to 2*s*. 6*d*. Sufficient for 3 or 4 persons. Seasonable from September to March.

RABBIT, LARDED AND BRAISED.

Ingredients.—1 rabbit, larding bacon, stock, 1 oz. of butter, 1 oz.

of flour, 2 ozs. of dripping, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper.

Method.—Wash and dry the rabbit thoroughly, cut it into neat pieces, and lard each piece by inserting thin strips of larding bacon. Heat the dripping in a stewpan, fry the rabbit quickly until lightly browned, and drain away the fat. Cover with stock, add salt and pepper to taste, and the herbs tied in muslin, cover closely, and cook gently from 1¼ to 1½ hours, or until the rabbit is quite tender. Knead the butter and flour together, and add it, in small pieces, to the contents of the stewpan about 20 minutes before serving. Serve with the sauce strained over.

Time.—From 1½ to 1¾ hours. Average Cost, 1*s*. 8*d*. to 2*s*. Sufficient for 3 or 4 persons. Seasonable from September to March.

RABBIT, MARBLED.

Ingredients.—2 rabbits, 1 lb. of pickled pork or bacon in slices, stock, 2 hard-boiled eggs, 1 raw egg, ½ oz. of gelatine, ½ a teaspoonful of powdered mixed herbs, ½ a teaspoonful of finely-chopped parsley.

Method.—Cut off the heads and necks, wash the rabbits, and let them soak for at least 1 hour in strong salted water. Pack closely in a stewpan, lay the slices of pork or bacon on the top, and barely cover with stock. Cover closely, simmer gently from 1 hour to 1¼ hours, or until the rabbits are tender, and remove the flesh from the bones in as large pieces as possible. Chop all the small pieces of flesh as finely as possible, mix with it the herbs and seasoning, and half its weight in breadcrumbs, and finely-chopped pork or bacon, and moisten with egg. Cut the remainder of the pork or bacon into strips. Fry the livers and kidneys in hot butter or fat, drain them well, and when cool, slice them rather thinly. Form the prepared forcemeat into small balls, drop them into boiling stock or water, and simmer for 10 minutes. Add 1 pint of strained stock to the gelatine, stir over the fire until dissolved, season to taste, and, if cloudy, clear with white of egg. When cool, pour a little into a mould, let it set, then cover with pieces of rabbit, interspersed with strips of pork or bacon, forcemeat balls, liver, kidney, and slices of egg. Repeat until all the materials are used, taking care to leave spaces to admit the stock, which must be added to completely cover the rest of the ingredients. Put aside until set, then unmould, and use as required.

Time.—Altogether, about 4 hours. Average Cost, 3*s*. 4*d*. to 4*s*. Sufficient for 1 or 2 moulds. Seasonable from September to March.

RABBIT PATTIES.

Ingredients.—6 ozs. of either raw or cooked rabbit, 2 ozs. of ham or lean bacon, stock or water, salt and pepper, short crust or puff paste, 1 egg.

Method.—Cut both rabbit and bacon into rather small dice, season liberally with salt and pepper, mix well, and moisten with stock or water. Have ready some patty-pans lined with paste, fill them with the meat preparation, and put on the covers. Brush over with egg, and bake in a moderately hot oven for about 20 minutes, or until cooked if using raw meat. Serve either hot or cold.

Time.—To bake, 20 minutes or longer. Average Cost, about 1*s*., in addition to the rabbit. Sufficient for 12 patties. Seasonable from September to March.

RABBIT PIE.

Ingredients.—1 rabbit, ½ lb. of bacon or pickled pork, ½ lb. of beefsteak, ½ pint of stock, salt and pepper, short crust or puff paste.

Method. — Wash the rabbit, divide it into small joints, cut the beef into small thin slices, and the pork into dice. Place these ingredients in layers in a piedish, season each layer liberally with salt and pepper, and three-quarters fill the dish with stock. Cover with paste (*see* Veal and Ham Pie), bake from 1¾ to 2 hours in a brisk oven until the paste has risen and set, and afterwards more slowly. Before serving, add the remainder of the hot stock to the pie. When the pie is intended to be eaten cold, forcemeat balls and hard-boiled eggs will be found an improvement, and the appearance may be improved by brushing it over with yolk of egg when three-quarters baked.

Time.—To bake, from 1¾ to 2 hours. Average Cost, 2*s.* 3*d.*, exclusive of the paste. Sufficient for 6 or 7 persons.

RABBIT, PILAU OF.

Ingredients.—1 rabbit, ½ lb. of Carolina rice, 4 ozs. of butter, 2 large onions sliced, 1½ pints of stock (about), salt and pepper.

Method.—Wash and dry the rabbit thoroughly, and divide it into neat joints. Heat 2 ozs. of butter in a stewpan, add the onions, and cook gently until lightly browned. Wash and drain the rice, add it to the onions and butter, stir over the fire for about 10 minutes, then cover with boiling stock and simmer gently. Fry the rabbit very slowly in the remainder of the butter until well browned, and put it, and the butter in which it was fried, into the stewpan containing the rice. Continue to cook slowly for 1 hour, or until the rabbit is quite tender, adding, from time to time, just as much stock as is necessary to prevent the rice sticking to the bottom of the stewpan, meanwhile keeping the stewpan closely covered. Serve the rabbit piled on the rice.

Time.—About 2 hours. Average Cost, 2*s.* to 2*s.* 3*d.* Sufficient for 3 or 4 persons. Seasonable from September to March.

RABBIT PUDDING.

Ingredients.—1 rabbit, ½ lb of pickled pork cut into dice, flour, salt and pepper, suet crust.

Method.—Wash the rabbit, cut it into neat joints, and put the head, neck, liver, and kidneys aside, to be afterwards stewed for gravy. Mix together 1 tablespoonful of flour, 1 teaspoonful of salt, ¼ of a teaspoonful of pepper; coat the pieces of rabbit with the mixture, and put them closely in a basin lined with paste, interspersing the dice of pork (*see* Beef Steak and Kidney Pudding). Nearly fill the basin with cold water, cover first with paste, and afterwards with 2 or 3 folds of greased paper, and steam for at least 2½ hours. Turn out the pudding on a hot dish, and send the gravy made from the head, etc., to table separately.

Time.—To steam the pudding, from 2½ to 3 hours. Average Cost, 2*s.* to 2*s.* 4*d.* Sufficient for 5 or 6 persons. Seasonable from September to March.

RABBIT, RAGOÛT OF.

Ingredients.—1 rabbit, 4 ozs. of streaky bacon, 2 ozs. of butter, 1½ ozs. of flour, 1 onion cut into dice, 1 carrot cut into dice, ½ a small turnip cut into dice, 6 peppercorns, salt and pepper, 1 pint of boiling stock or water.

Method.—Wash and dry the

rabbit thoroughly, and cut the bacon into 1-inch squares. Heat the butter in a stewpan, fry the rabbit until the entire surface is nicely browned, then remove and keep it hot. Fry the onion slightly, put in the flour, stir and cook slowly until well browned, and add the stock or water. Boil gently for 10 minutes, add salt to taste, put in the carrot and the turnip, and the bacon and peppercorns. Replace the rabbit in the stewpan, cover closely, and cook very gently for about 2 hours, or until the rabbit is tender. Serve on a hot dish, with the sauce strained over, and garnished with the dice of turnip and carrot, which should be previously boiled separately.

TIME.—About 2½ hours. AVERAGE COST, 1*s.* 8*d.* to 2*s.* SUFFICIENT for 3 or 4 persons. SEASONABLE from September to March.

RABBIT, RICH STEW OF.

INGREDIENTS.—1 rabbit, ¼ lb. of streaky bacon, 1 pint of good stock, 1 glass of claret, 2 ozs. of butter, 1½ ozs. of flour, 18 button onions, a bouquet-garni (parsley, thyme, bay-leaf), 2 cloves, 6 peppercorns, salt and pepper.

METHOD.—Divide the rabbit into small joints, cut the bacon into dice, and peel the onions. Heat the butter in a stewpan, fry the onions and bacon until brown, and remove to a plate. Now put in the rabbit, and when it has acquired a little colour sprinkle in the flour, and continue the frying until both rabbit and flour are well browned. Replace the onions and bacon, add the hot stock, bouquet-garni, cloves, peppercorns, and salt to taste, cover closely, and stew gently for about 1 hour, or until the rabbit is tender. Fifteen minutes before serving add the claret, and, when the sauce again reaches simmering point, put in the liver, previously washed and cut into small pieces, and let it cook for about 10 minutes. Pile the rabbit in the centre of a hot dish, season the sauce to taste and strain it over, garnish the base with groups of bacon-dice and onions, and serve.

TIME.—About 1½ hours. AVERAGE COST, 2*s.* 6*d.* SUFFICIENT for 3 or 4 persons.

RABBIT SOUFFLÉ.

INGREDIENTS.—6 ozs. of finely-chopped raw rabbit, 2 ozs. of butter, 2 ozs. of flour, 3 eggs, ½ pint of milk, salt and pepper, brown sauce.

METHOD.—Melt the butter, add the flour, stir in the milk, simmer gently for 10 minutes, and put the sauce aside to cool. Pound the flesh of the rabbit until smooth, work in the yolks of eggs, add the white sauce, and season liberally with salt and pepper. Pass the mixture through a wire sieve, add the stiffly-whipped whites of eggs, and turn into a well buttered soufflé-tin. Steam gently from 40 to 50 minutes, and serve with the brown sauce poured round.

TIME.—To steam, from 40 to 50 minutes. AVERAGE COST, 2*s.* to 2*s.* 6*d.* SUFFICIENT for 1 large soufflé. SEASONABLE from September to March.

RABBIT SOUP (BROWN).

This is made in a similar manner as explained in the foregoing recipe, the only difference being that the rabbit is fried after it is cut up, and brown stock should be used. The bacon and rabbit should be fried in dripping until they acquire a brown colour, after which the flour used for thickening must be fried also. The stock and water is then added, with the vegetables, etc. Cook gently for 1½ hours, and strain, season to taste, then serve. This soup should be of a dark fawn colour. It is best to omit the cream mentioned in the foregoing recipe.

RABBIT, STEWED (Invalid Cookery).

INGREDIENTS.—1 young rabbit, 1 oz. of butter, 1 oz. of flour, 1 pint of water, ½ pint of milk, 1 small onion, 2 or 3 sprigs of parsley, 2 cloves, salt and pepper.

METHOD.—Wash, wipe, and joint the rabbit, put it into the stewpan with water (cold), onion sliced, parsley, cloves, and a little salt and pepper, boil up, skim, and stew gently until tender. Melt the butter in a stewpan, stir in the flour, add the milk and ½ pint of the liquor in which the rabbit was cooked, and boil for 3 minutes. Season to taste and pour over the rabbit, which should be piled high in the centre of a hot dish.

TIME.—1 hour. AVERAGE COST, 1s. 6d.

RABBIT STEWED IN MILK.

INGREDIENTS.—1 rabbit, 1 small onion very finely-chopped, a small blade of mace, 1 pint of milk (about), salt and pepper, 1 teaspoonful of cornflour.

METHOD.—Wash the rabbit, cut it into neat joints, and soak and blanch the head and neck in strong salted water. Pack the pieces closely in a baking-dish or piedish, sprinkle over them the onion, season well with salt and pepper, and add the mace. Nearly fill the dish with milk, cover with an inverted dish or piedish, and cook in a moderate oven from 1¼ to 1½ hours. About 10 minutes before serving mix the cornflour smoothly with a little cold milk, boil up, and add it to the contents of the piedish, and allow to cook for another 10 minutes. When ready, arrange the rabbit neatly on a hot dish, strain the sauce over, then serve.

TIME.—From 1¼ to 1½ hours. AVERAGE COST, 1s. 4d. to 1s. 8d. SUFFICIENT for 3 or 4 persons. SEASONABLE from September to March.

RAISED PIE.

INGREDIENTS.—Game of any kind, equal quantities of finely-chopped veal and pork, veal forcemeat, paste (*see* Pork Pie), coarsely-chopped truffle, stock that will jelly when cold (preferably game stock), egg, salt and pepper.

METHOD.—Mix the veal and ham together, season liberally with salt and pepper, and add 1 or 2 tablespoonfuls of chopped truffle. Divide the birds into neat joints, and remove all bones except those which are deeply embedded in the flesh and difficult to detach. Make and mould the paste as described in the recipe for Pork Pie, and line the bottom and sides with veal forcemeat. Put in the prepared game, season each layer with salt and pepper, and intersperse small pieces of the meat farce, taking care to leave spaces to be afterwards filled with stock. Pile the game high in the centre, cover with a thin layer of veal farce, put on the cover, then follow the directions given for preparing, baking and finishing Pork Pie.

Note.—See French Game Pie, Grouse Pie, and Partridge Pie.

RAISIN CAKES.

INGREDIENTS.—1 lb. of butter, 1 lb. of fine flour, 1 lb. of castor sugar, 6 eggs, 1 liqueur-glassful of brandy, 1 teaspoonful of nutmeg, ½ a teaspoonful of baking-powder, 1 lb. of stoned raisins.

METHOD.—Beat the butter to a cream, then add the sugar, the brandy, and nutmeg, and well beat.

Add the eggs one at a time, beating well after each addition of eggs, and when all are in, add the flour, with the baking-powder sifted in. Then mix in the stoned and chopped raisins. Bake in a paper-lined, greased tin for $1\frac{1}{4}$ hours in a moderate oven.

Time.—$1\frac{1}{4}$ hours. Average Cost, 3*s.* Sufficient for 1 medium-sized cake

RAISIN CHEESE.

Ingredients.—1 lb. of raisins, $\frac{1}{2}$ lb. of castor sugar, a good pinch each of cinnamon and cloves, angelica, candied citron peel.

Method.—Stone the raisins, add the sugar, cinnamon, and cloves, and stew for $1\frac{1}{2}$ hours in a jar placed in a saucepan of boiling water. When cool, pour into a glass dish, garnish with strips of angelica and citron, and serve cold.

Time.—$1\frac{1}{2}$ hours. Average Cost, 8*d.* or 9*d.* Sufficient for 4 or 5 persons.

RAISIN PUDDING, BAKED (*See* Cottage Pudding).

RAISIN WINE.

Ingredients.—To each lb. of raisins allow 1 gallon of cold water, 2 lbs. of good preserving sugar, 1 tablespoonful of yeast.

Method.—Strip the raisins from the stalk, put them into a large boiler or clean copper with the water, simmer gently for about 1 hour, then rub them through a sieve. Dissolve the sugar in the liquid, and add the raisin-pulp and the yeast, let the vessel stand covered for 3 days, then strain the liquid into a cask. Bung loosely until fermentation ceases, then tighten the bung, and allow the cask to stand for at least 12 months before racking the wine off into bottles.

RAISIN WINE WITH CIDER.

Ingredients.—8 gallons of good cider, 15 lbs. of Malaga raisins, 1 bottle of French brandy, 3 ozs. of sugar candy, the rind of 1 lemon.

Method.—Strip the raisins from the stalks, halve them, put them into a 9-gallon cask, and pour over them the cider. Bung lightly for 5 or 6 days, then tighten the bung and let the cask stand for 6 months. Strain into another cask, passing the liquid near the bottom repeatedly through a jelly-bag or fine muslin until quite clear, add the brandy, the sugar candy crushed to a powder, and the finely-pared rind of the lemon. Keep the wine well bunged for 2 years, then bottle, cork, and seal securely, store it in a cool, dry place for one year longer, when it will be ready for use.

RASPBERRY AND CURRANT PUDDING (From bottled raspberries).

Ingredients.—1 bottle of raspberries and currants, $\frac{1}{2}$ pint of water, stale bread, sugar. For the custard : 1 packet of custard powder, 2 tablespoonfuls of condensed milk, 1 pint of water.

Method.—Add $\frac{1}{2}$ pint of water to the fruit and juice, cook gently for 20 minutes, sweeten to taste, and strain off the juice. Select a piedish large enough to contain three-fourths of the materials, line the bottom with a rather thin slice (or slices) of bread, and add a layer of fruit, cover with bread, repeat until all the fruit is used, and add the syrup, a little at a time, to avoid floating the bread. On the following day make the custard, pour it into the piedish, and serve when quite cold.

Time.—1 day. Average Cost, 1*s.* 6*d.* Sufficient for 6 or 7 persons.

RASPBERRY CARAMELS.

Ingredients.—2 lbs. of granulated sugar, 1 oz. of butter, ½ pint of cream, ½ pint of water, 3 tablespoonfuls of glucose, raspberry essence, cherry-red colouring or carmine.

Method.—Put the sugar with the water into a stewpan ; when dissolved stir in the glucose, and boil to the " ball " degree (*see* Sugar, to Boil). Add the cream and the butter in small pieces, stir and boil until the syrup reaches the " crack " degree (*see* Sugar, to Boil), then transfer the stewpan at once to a bowl of cold water, to arrest further cooking. Colour and flavour to taste, pour between bars on an oiled slab or into an oiled tin, and when sufficiently cool, cut into small squares by means of a caramel cutter or a slightly buttered knife, and wrap each caramel in wax paper.

RASPBERRY CREAM.

Ingredients.—1 pint of cream, ¼ pint of milk, 1½ ozs. of castor sugar, ½ oz. of gelatine, the juice of 1 lemon, ¼ pint of raspberry syrup, or 2 tablespoonfuls of raspberry jam.

Method.—When raspberry jam is used instead of syrup, pass it through a hair sieve, dilute with water to make the required quantity, and add a few drops of cochineal. Dissolve the gelatine and sugar in the milk, add the lemon-juice, mix with the raspberry syrup, and stir in the stiffly-whipped cream.

Time.—About ½ an hour. Average Cost, 2*s*. 3*d*. to 2*s*. 6*d*. Sufficient for 1 medium-sized mould.

RASPBERRY ICE CREAM.

Ingredients.—1 lb. of raspberries, 1 pint of custard (*see* Custard for Cream Ices), 6 ozs. of castor sugar, 1 teaspoonful of lemon-juice, carmine.

Method.—Make the custard as directed. Pass the raspberries through a fine hair sieve, add the sugar and lemon-juice, and mix with the prepared custard, adding at the same time as much carmine as is needed to produce a bright red colour. Freeze in the usual way.

Time.—About 1 hour. Average Cost, 10*d*. to 1*s*., exclusive of the custard. Sufficient for 7 or 8 persons.

RASPBERRY JAM.

Ingredients.—To every lb. of raspberries allow 1 lb. of sugar, ¼ pint of red-currant juice.

Method.—Let the fruit for this preserve be gathered in fine weather and used as soon after it is picked as possible. Take off the stalks, put the raspberries into a preserving-pan, break them well with a wooden spoon, and let them boil for ¼ of an hour, keeping them well stirred. Add the currant-juice and sugar, and boil again for ½ an hour. Skim the jam well after the sugar is added, or the preserve will not be clear. The addition of the currant-juice is a very great improvement to this preserve, as it gives it the piquant taste which the flavour of the raspberries seems to require.

Time.—About 1 hour. Average Cost, 7*d*. to 8*d*. per lb.

RASPBERRY JELLY.

Ingredients.—To each pint of juice allow ¾ lb. of loaf sugar.

Method.—Let the raspberries be freshly gathered, quite ripe, and picked from the stalks ; put them into a large jar, after breaking the fruit a little with a wooden spoon, and place the jar, covered, in a saucepan of boiling water. When the juice is well drawn, which will be from ¾ to 1 hour, strain the fruit through a fine hair sieve or cloth, measure the juice, and to each pint allow the above proportion of loaf sugar. Put the juice and sugar into a preserving-pan, place it over the fire, and boil gently until the jelly thickens upon a little being poured on a cold plate; carefully remove all the scum as it rises, pour the jelly into small pots, cover down, and keep in a dry place. This jelly answers for making raspberry cream, and for flavouring various sweet dishes, when the fresh fruit is not obtainable.

Time.—About 1½ hours. Average Cost, 10*d.* to 1*s.* per lb.

RASPBERRY OR STRAWBERRY WATER ICE.

Ingredients.—1½ lbs. of ripe strawberries or raspberries, 1½ pints of syrup (*see* Syrup for Water Ices), the juice of 2 lemons.

Method.—Prepare the syrup as directed. Rub the fruit through a fine sieve, add the lemon-juice, and, if necessary, deepen the colour with a few drops of carmine. Freeze in the usual way.

Time.—About 40 minutes. Average Cost, 2*s.* Sufficient for 7 or 8 persons.

RASPBERRY PUDDING.

Ingredients.—Raspberry jam, ½ lb. of breadcrumbs, ¼ lb. of castor sugar, ¼ lb. of butter, 3 eggs, brown breadcrumbs.

Method.—Cream the butter and sugar together until thick and smooth, beat in the eggs separately, and add the breadcrumbs. Have ready a well-buttered plain mould, coat it completely with brown breadcrumbs, place a layer of the preparation on the bottom, and cover it thickly with jam, taking care that it does not touch the sides of the mould. Repeat until the mould is full, letting the mixture form the top layer. Bake in a moderate oven from 1 to 1¼ hours, and serve with custard or other suitable sauce.

Time.—From 1½ to 1¾ hours. Average Cost, 1*s.* 2*d.* Sufficient for 5 or 6 persons.

RASPBERRY SAUCE.

Ingredients.—¼ pint of water, 2 tablespoonfuls of raspberry jam, 1 glass of sherry, sugar to taste, a few drops of carmine or cochineal.

Method.—Put the water, jam, and 3 or 4 lumps of sugar into a saucepan, and simmer for 10 minutes; then add the sherry, and strain. Add sugar to taste, and a few drops of colouring if required, and serve.

Time.—About 15 minutes. Average Cost, from 5*d.* to 6*d.*

RASPBERRY SOUFFLÉ.

Ingredients.—½ lb. of ripe raspberries, 2 ozs. of cakecrumbs or breadcrumbs, 2 ozs. of castor sugar, 2 ozs. of rice flour or cornflour, ½ oz. of butter, ½ gill of cream, 4 eggs.

Method.—Put the raspberries, cream, rice flour, and sugar into a basin, and reduce them to a pulp by means of a wooden spoon. Beat in the yolks of the eggs, add the cakecrumbs, stir in lightly the stiffly-whisked whites of eggs, and turn the mixture into a well-buttered mould. Bake in a hot oven from 25 to 30 minutes, and serve as quickly as possible.

Time.—From 25 to 30 minutes. Average Cost, 1*s.* 2*d.* to 1*s.* 4*d.* Sufficient for 5 or 6 persons.

RASPBERRY TARTLETS.

Ingredients.—Short crust paste, 1 pint of raspberries, ½ lb. of loaf sugar, ¼ pint of water, ½ a glass of brandy (optional), desiccated cocoanut.

METHOD.—Boil the sugar and water together until reduced to a syrup, add the raspberries, and cook gently for a few minutes. Drain, replace the syrup in the stewpan, boil rapidly until considerably reduced, then let it cool, and add the brandy. Line 10 or 12 patty-pans with paste, fill them with rice, placed in buttered papers, and bake in a moderately hot oven until crisp. When cool, fill them with the prepared fruit, add an equal portion of syrup to each tartlet, sprinkle with cocoanut, and serve cold.

TIME.—To bake, from 10 to 15 minutes. AVERAGE COST, 1s. 3*d.* to 1s. 6*d.*, exclusive of the paste. SUFFICIENT for 10 or 12 tartlets.

RASPBERRY VINEGAR.

INGREDIENTS.—Raspberries, white wine vinegar, sugar.

METHOD.—Cover the raspberries with vinegar, let them remain undisturbed for 4 days, then strain through a fine hair sieve, but do not press the fruit. Pour the vinegar over a fresh lot of raspberries and proceed as before. Repeat this process two or three times, taking care to drain each lot thoroughly. Measure the vinegar, to each pint add from 12 to 16 ozs. of sugar, simmer gently for 10 minutes, skimming well meanwhile. When quite cold, bottle for use. Or, put equal measures of raspberries and vinegar into a large jar, stir the mixture 2 or 3 times daily for 10 days, then strain off the vinegar. Measure it, adding 12 ozs. of sugar to each pint, boil up, skim well, and, when cold, bottle for use.

AVERAGE COST, 2s. 6*d.* per quart.

RASPBERRY WINE.

INGREDIENTS.—6 quarts of ripe raspberries, 6 quarts of water, loaf sugar.

METHOD.—Put the raspberries into an earthenware or wooden vessel, bruise them well with a heavy wooden spoon, and pour over them the cold water. Let them stand until the following day, stirring them frequently, then strain the liquid through a jelly-bag or fine hair sieve, and drain the fruit thoroughly, but avoid squeezing it. Measure the liquid; to each quart add 1 lb. of sugar; stir occasionally until dissolved, then turn the whole into a cask. Bung loosely for several days, until fermentation ceases, then tighten the bung, let it remain thus for 3 months, and bottle for use.

READING SAUCE.

INGREDIENTS.—1 quart of walnut pickle, 1 quart of cold water, ½ pint of soy, 1½ ozs. of shallots, ½ oz. of whole ginger bruised, ½ oz. of capsicums, 1 oz. of mustard seed, ½ oz. of cayenne, ¼ oz. of bay-leaves, 1 tablespoonful of essence of anchovy.

METHOD.—Peel the shallots, chop them finely, place them in a fireproof jar with the liquor strained from the walnuts, and simmer gently until considerably reduced. In another fireproof jar put the water, soy, ginger, capsicums, mustard seed, cayenne, and essence of anchovy, bring to the boil, and simmer gently for 1 hour. Now mix the contents of the two jars together, and continue the slow cooking for ½ an hour longer. Let the jar remain closely covered in a cool place until the following day, then add the bay-leaves, replace the cover, and allow the jar to remain undisturbed for 7 days.

At the end of this time, strain off the liquor into small bottles, and store for use.

RED CURRANT AND RASPBERRY TART.

Ingredients.—1½ pints of red-currants, ½ pint of raspberries, 2 or 3 tablespoonfuls of moist sugar, short crust paste.

Method.—Strip the currants from the stalks, put half of them into a piedish with an inverted cup in the midst, add the sugar and raspberries, then the remainder of the currants, piling them rather high in the centre. Cover with paste (*see* Apple Tart), brush lightly over with water, dredge well with castor sugar, and bake for about ¾ of an hour, in a moderately hot oven.

Time.—About 1 hour. Average Cost, 1*s*. 2*d*. Sufficient for 6 or 7 persons.

RED CURRANT JAM.

Ingredients.—Red currants, preserving sugar.

Method.—Remove the stalks, put the fruit into a preserving-pan, and to each lb. allow ¾ lb. of preserving sugar. Stir occasionally until the fruit is nearly boiling, and afterwards almost continuously. Boil gently for about 40 minutes, or until a little will set when poured on to a cold plate. Turn into pots, cover closely, and store in a cool, dry place.

Time.—About 1 hour. Average Cost, about 6*d*. per lb.

RED CURRANT JELLY.

Ingredients.—Red currants, preserving sugar.

Method.—Strip the currants from the stalks, put them into a jar placed in a saucepan of boiling water, and simmer gently until the juice is extracted, then strain the juice through a jelly-bag or fine cloth into a preserving-pan. To each pint add from ¾ to 1 lb. of sugar, and boil gently until a little of the jelly, when tested on a cold plate, almost immediately sets. Pour into small pots, cover closely, and keep in a cool, dry place.

Time.—About 1¼ hours. Average Cost, 1*s*. to 1*s*. 3*d*. per lb.

RED CURRANT SAUCE (For Puddings or for Venison, Hare, etc.).

Ingredients.—A small jar of red-currant jelly, 1 glass of port wine.

Method.—Put the wine and jelly into a small saucepan, let them slowly come to the boil, and serve when the jelly is dissolved.

Time.—5 minutes. Average Cost, 10*d*.

REFORM SAUCE.

Ingredients.—½ pint of pepper sauce, 1 glass of port wine, 1 tablespoonful of red currant jelly, cayenne pepper to taste.

Method.—Make the sauce as directed, then add to it the rest of the ingredients, simmer for 10 minutes, strain, and serve.

Time.—About 1 hour altogether. Average Cost, 1*s*. 6*d*.

RHUBARB AND ORANGE JAM.

Ingredients.—1 quart of finely-cut rhubarb, 6 oranges, 1½ lbs. of preserving sugar.

Method.—Cut the rinds of the oranges into sections, remove them and scrape off as much of the white pith as possible. Free the pulp from fibrous skin and pips, put it into a preserving-pan, with the sugar, rhubarb, and orange-rinds, previously finely shredded. Bring slowly to boiling point, skim well, and boil until the jam stiffens when tested on a cold plate. Cover closely, and store in a cool, dry place.

Time.—About 1 hour. Average Cost, 4*d.* to 5*d.* per lb.

RHUBARB JAM.

Ingredients.—To each lb. of rhubarb allow 1 lb. of preserving sugar, ½ a teaspoonful of ground ginger, and the finely-grated rind of ½ a lemon.

Method. — Remove the outer stringy part of the rhubarb, cut it into short lengths, and weigh it. Put it into a preserving-pan with sugar, ginger, and lemon-rind in the above proportions, place the pan by the side of the fire, and let the contents come very slowly to boiling point, stirring occasionally meanwhile. Boil until the jam sets quickly, when tested on a cold plate. Pour it into pots, cover closely, and store in a cool, dry place.

Time.—From 1 to 1½ hours, according to the age of the rhubarb. Average Cost, 4*d.* per lb.

RHUBARB JELLY.

Ingredients.—1 small bundle of rhubarb, 4 ozs. of castor sugar, or to taste, ¾ oz. of leaf gelatine, the finely-cut rind of 1 lemon, ½ pint of water.

Method. — Wipe the rhubarb with a cloth, trim it, and cut it into short lengths, put it into a stewpan with the water, sugar, and lemon-rind, simmer until tender, and rub through a hair sieve. Dissolve the gelatine in 2 tablespoonfuls of water, and strain into the rest of the ingredients. Turn into a wetted mould, and keep on ice or in a cold place until set.

Time.—About 1 hour. Average Cost, 6*d.* to 7*d.* Sufficient for 1 medium-sized mould. Seasonable from February to May.

RHUBARB MARMALADE.

Ingredients. — Rhubarb. To each lb. allow 2 tablespoonfuls of sugar and ¼ teaspoonful of ground ginger.

Method.—Wipe, string, and cut the rhubarb into short lengths. Put the rhubarb, sugar, and ginger in a jar, place the jar in a rather cool oven, or in a saucepan containing boiling water, and cook until soft. Pass through a fine sieve, and use for filling turnovers and similar kinds of pastry.

Time.—1½ hours. Average Cost, 1*d.* to 2*d.* per lb. Seasonable, January to July.

RHUBARB PUDDING (*See* Apple Pudding and Damson Pudding).

RHUBARB WINE.

Ingredients.—25 lbs. of rhubarb, 5 gallons of cold water ; to each gallon of liquid thus obtained add 3 lbs. of either loaf or good preserving sugar, and the juice and very thinly-pared rind of 1 lemon. To the whole add 1 oz. of isinglass.

Method. — Wipe the rhubarb with a damp cloth, and cut it into short lengths, leaving on the peel. Put it into an earthenware or wooden vessel, crush it thoroughly with a wooden mallet or heavy potato masher, and pour over it the water. Let it remain covered for 10 days, stirring it daily ; then strain the liquor into another vessel, add the sugar, lemon-juice and rind, and stir occasionally until the sugar is dissolved. Now put it into a cask, and add the isinglass previously dissolved in a little warm water ; cover the bung-hole with a folded cloth for 10 days, then bung securely, and allow it to remain undisturbed for 12 months. At the end of this time rack off into bottles, and use.

RICE (For Curry).

Put ½ lb. of Patna rice in a stewpan, with sufficient cold water to cover it; bring to the boil, then strain, and hold the strainer under the cold water tap until the rice is thoroughly washed. Have ready 3 or 4 pints of salted boiling water, put in the rice, and cook from 12 to 15 minutes; then turn into it a colander, pour some hot water over it, cover with a clean, dry cloth, and let the rice remain in the screen or near the fire for about an hour, when every grain should be separate. A less troublesome, but at the same time less satisfactory, way of preparing rice is to omit the blanching process, and simply wash the rice in cold water before cooking. It is boiled as described above, and the finishing process may be carried out in two ways. In the first, after being strained and rinsed in cold water, the rice is returned to the saucepan and allowed to remain, covered with a clean cloth or with the lid tilted for about 1 hour, when each grain should be separate and perfectly dry. Or, after being washed and rinsed, it may be tied loosely in a pudding-cloth, and steamed for 1 hour; when a steamer is not available, the rice may be laid on a plate on the top of an inverted basin, and placed in a saucepan containing a little boiling water.

RICE AND APPLE SOUFFLÉ.

Ingredients.—1 lb. of sour cooking apples, 2 ozs. of ground rice, 2 ozs. of castor sugar, 1 oz. of butter, 3 eggs, ¾ pint of milk, 2 tablespoonfuls of moist sugar, or to taste, the rind of ½ a lemon thinly pared, 1 clove, ½ an inch of stick cinnamon.

Method.—Cook the apples with 2 tablespoonfuls of water, the moist sugar, butter, lemon-rind, clove, and cinnamon in a jar placed in a saucepan of boiling water, and when soft rub them through a hair sieve. Meanwhile, mix the ground rice smoothly with a little cold milk, boil the remainder, add the blended rice and milk, and simmer gently for 15 minutes. Now add the sugar, let the mixture cool a little, then add each yolk of egg separately, give the whole a good beating, and lastly stir in very lightly the stiffly-whisked whites of eggs. Fill a well-buttered soufflé dish with alternate layers of rice and apple purée, piling the last layer of rice in a pyramidal form. Dredge well with castor sugar, and bake in a moderate oven for about 30 minutes.

Time.—To bake, from 25 to 35 minutes. Average Cost, 1*s.* Sufficient for 5 or 6 persons.

RICE AND CREAM.

Ingredients.—3 ozs. of Carolina rice, 1 pint of milk, ½ pint of cream, 1 tablespoonful of castor sugar, 2 tablespoonfuls of sherry, glacé cherries.

Method.—Simmer the rice in the milk until tender, drain well on a sieve and let it cool. Whip the cream stiffly, stir in the rice, add the sherry and sugar, and serve in custard-glasses garnished with strips of cherries.

Time.—About 1¼ hours. Average Cost, 1*s.* 3*d.* to 1*s.* 6*d.* Sufficient for 5 or 6 persons.

RICE AND TOMATOES.

Ingredients.—4 ozs. of rice, 2 ozs. of butter, 1 oz. of grated cheese, 3 small firm tomatoes, 1 onion stuck with a clove, 2 finely-chopped shallots, a bouquet-garni (parsley, thyme, bay-leaf), 1 gill of stock, 2 gills of tomato sauce, mace, salt and pepper, cayenne.

Method.—Pick, wash, and blanch

the rice in salted water. Drain well, replace in the stewpan with the onion, bouquet-garni, stock, and tomato sauce, and cook gently until tender, adding more sauce or stock if necessary to prevent the rice becoming too dry. Fry the shallots in 1 oz. of butter until brown, then add both to the contents of the stewpan. Remove the onion and bouquet-garni, season to taste with salt, pepper, cayenne, and mace, and stir in the cheese. Meanwhile, the tomatoes should have been thinly sliced and fried in the remaining oz. of butter; now pile the rice on a hot dish, garnish with the tomatoes and serve hot.

TIME.—1¼ hours. AVERAGE COST, 8*d.* or 9*d.* SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

RICE AU GRATIN (Vegetarian Dish).

INGREDIENTS.—6 ozs. of rice, ¾ pint of white sauce, grated cheese, butter, cayenne, salt and pepper.

METHOD.—Wash the rice, throw it into a large saucepan of rapidly-boiled salted water, boil for 12 or 14 minutes, then drain, wash, and dry thoroughly. Make the sauce as directed, and, as soon as the rice is thoroughly cooked and dry, add it to the rice, and season with salt and pepper. Turn it into a shallow baking-dish, or several coquille moulds, sprinkle the top thickly with grated cheese, add a few small pieces of butter, bake in a quick oven until nicely browned, and serve.

TIME.—To cook and dry the rice, about 1¼ hours. AVERAGE COST, 10*d.* SUFFICIENT for 3 or 4 persons.

RICE BISCUITS.

INGREDIENTS.—½ lb. of rice flour, ¼ lb. of castor sugar, ¼ lb. of butter, 1 egg.

METHOD.—Beat the butter to a cream, stir in the rice flour and pounded sugar, and moisten the whole with the egg, which should be previously well beaten. Roll out the paste, cut out with a round paste cutter into small cakes, and bake them from 12 to 18 minutes in a very slow oven.

TIME.—12 to 18 minutes. AVERAGE COST, 9*d.* SUFFICIENT to make about 18 cakes.

Note.—Ground Rice, or rice flour, is used for making several kinds of cakes, also for thickening soups. The Americans make rice bread, and prepare the flour for it in the following manner: When the rice is thoroughly cleansed, the water is drawn off and the rice, while damp, bruised in a mortar; it is then dried, and passed through a hair sieve.

RICE BLANCMANGE (*See* Ground Rice Blancmange, and Whole Rice Mould).

RICE BORDER WITH PRUNES.

INGREDIENTS.—2 dozen French plums or prunes, 2 ozs. of Carolina rice, 2 ozs. of castor sugar, 1 oz. of pistachios blanched and chopped, 1 pint of milk, ½ gill of cream, 3 yolks of eggs, 2 tablespoonfuls of apricot marmalade or jam, the finely-grated rind of ½ a lemon, 1 glass of Maraschino, glacé cherries, angelica, sugar.

METHOD.—Simmer the rice in the milk until tender, add the lemon-rind and sugar, let it remain uncovered for a short time for some of the moisture to evaporate, then stir in the yolks of eggs and Maraschino. Press into a well-buttered border mould, place the mould in the oven in a tin, surround with boiling water, and bake for about ½ an hour. Dilute the apricot marmalade with a little water, sweeten to taste, strain over the moulded rice, when cold, and sprinkle on the prepared pistachios. Meanwhile, stew the plums or prunes, remove the stones, press the parts together again, and insert a short strip of angelica in each one to represent a stalk. Pile them in the centre of the rice, and garnish with halved cherries and the whipped cream, using a forcing-bag and rose pipe.

Time.—About 1½ hours. Average Cost, 2*s.* 6*d.* to 2*s.* 9*d.* Sufficient for 6 or 7 persons.

RICE BREAD.

Ingredients.—1 lb. of rice, 7 lbs. of flour, 1 oz. of salt, 1½ ozs. of compressed yeast, water.

Method.—Wash the rice in cold water, put it in a clean saucepan, cover with water, set over the fire, and cook until tender. Turn the flour into a clean pan, make a hole in the centre, put in the boiled rice, add 1 quart of cold water, and stir up gently without mixing in much flour; test the heat, and, if cold enough, add the yeast, dissolved in another pint of water, stirring it into the rice with another handful of flour. Cover over with a clean cloth, and let it stand for 2 hours, then add the salt in fine powder, and make into dough, using any more water that may be necessary for the purpose. Cover over, and leave the dough to rise, then turn out on to the board, divide into convenient-sized loaves, mould up, prove, then bake in a moderate oven. The rice can be boiled in milk if preferred.

Time.—About 4 hours. Average Cost, 1*s.* 4*d.* Sufficient for 6 or 8 loaves.

RICE CAKE.

Ingredients.—½ lb. of ground rice, ½ lb. of flour, ½ lb. of castor sugar, 4 eggs, a few drops of essence of lemon, or the grated rind of ½ a lemon, ½ lb. of butter.

Method.—Sieve the rice and flour together on to a sheet of paper. Put the butter into a clean basin, add the sugar and yellow rind of the lemon, grated, and beat to a cream. Add the eggs one at a time, and when all are in, add the flour, moisten to cake-batter consistency, using a little milk if necessary. Turn into 1 or 2 buttered moulds, and bake in a moderate oven from 1 to 2 hours.

If preferred, the cake may be flavoured with essence of almonds.

Time.—About 1½ hours. Average Cost, 1*s.* 6*d.* Sufficient for 2 medium-sized cakes.

RICE CREAM.

Ingredients.—2 ozs. of Carolina rice, 4 ozs. of castor sugar, ¼ oz. of leaf gelatine, 1 pint of milk, ½ pint of cream, vanilla or other flavouring, fruit compote.

Method.—Simmer the rice in the milk until perfectly tender, and when the milk is nearly absorbed, stir frequently to prevent the rice sticking to the bottom of the pan. Melt the gelatine in 1 or 2 tablespoonfuls of water, stir it into the rice with the sugar and flavouring ingredient, and when sufficiently cool add the stiffly-whipped cream. Turn into a decorated border mould and allow it to remain on ice or in a cold place until set. Serve with compote of fruit piled in the centre.

Time.—About 2 hours. Average Cost, 1*s.* 4*d.*, exclusive of the fruit compote. Sufficient for 1 medium-sized mould.

RICE CROQUETTES.

Ingredients.—4 ozs. of Carolina rice, 2 ozs. of castor sugar, ½ oz. of butter, lemon-rind, about 1½ pints of milk, 2 yolks of eggs, 1 whole egg, breadcrumbs, frying-fat, salt.

Method.—Wash and drain the rice, put it into a stewpan with 1 pint of milk, a good pinch of salt, a little thin lemon-rind, and cook until the rice is tender, adding more milk as required. When done, take out the lemon-rind, add the sugar and the yolks of eggs, stir over the fire until sufficiently cooked, then spread the mixture on a plate. When ready, form into pear or cork shapes, coat with egg and breadcrumbs, and fry in hot fat until lightly browned. Drain well, dredge with castor sugar, and serve with a fruit syrup or suitable sweet sauce.

Time.—About 1½ hours. Average Cost, 9*d*. Sufficient for 6 or 7 persons.

RICE CROQUETTES AND CHEESE (Vegetarian Dish).

Ingredients.—6 ozs. of rice, 1 pint of milk, 1 pint of water, 1 oz. of butter, 2 tablespoonfuls of grated cheese, 2 eggs, cayenne, salt and pepper, egg and breadcrumbs, frying-fat.

Method. — Cook the rice as directed in the following recipe, adding the cheese at the same time as the eggs.

Time.—To cook the rice, from 1½ to 2 hours. Average Cost, 1*s*. Sufficient for 5 or 6 persons.

RICE CROQUETTES, SAVOURY (Vegetarian Dish).

Ingredients.—6 ozs. of rice, 1 pint of milk (about), 1 pint of water, 1 oz. of butter, 1 dessertspoonful of finely-chopped onion, 1 teaspoonful of finely-chopped parsley, 2 eggs, salt and pepper, eggs and breadcrumbs, frying-fat.

Method.—Wash the rice, put it into a stewpan with a level teaspoonful of salt, and add the onion, milk, and water. Boil gently until the rice is tender, adding more milk if necessary, but when ready no unabsorbed liquor should remain. Add the butter, parsley, 2 eggs, more seasoning if necessary, and stir by the side of the fire for 10 minutes. Let the preparation become cold, form it into cork-shaped pieces, and coat them with egg and breadcrumbs. Fry in hot fat until nicely browned, drain well, and serve garnished with crisply-fried parsley.

Time.—To cook the rice, from 1½ to 2 hours. Average Cost, 10*d*. Sufficient for 5 or 6 persons.

RICE, CURRIED.

Ingredients.—4 ozs. of rice, 1½ ozs. of butter, 1 tomato, 2 finely-chopped shallots, 1 teaspoonful of curry-powder, 1 tablespoonful of cream, 1 hard-boiled egg, 1 gill of stock, 1 gill of brown sauce, salt and pepper, mace, nutmeg, watercress.

Method.—Pick, wash, drain, and dry the rice thoroughly. Fry the shallots slightly in hot butter, sprinkle in the curry-powder, cook for a few minutes, then add the rice and cook and shake well over the fire. Now add the tomatoes, skinned and cut into dice, the stock, cream, and sauce, season to taste with salt, pepper, mace, and nutmeg, and cook gently until the rice is tender, adding more stock or sauce, if necessary, to prevent the rice becoming too dry. When ready pile on a hot dish, garnish with slices of hard-boiled egg and tufts of watercress, and serve.

Time.—From 1 to 1½ hours. Average Cost, 8*d*. or 9*d*. Sufficient for 1 large dish. Seasonable at any time.

RICE CUTLETS (Vegetarian Dish).

Ingredients.—4 tablespoonfuls of rice, 1 tablespoonful of finely-chopped onion, 1 bay-leaf, ½ a teaspoonful of finely-powdered mixed herbs, 1 oz. of butter, 3 eggs, breadcrumbs, salt and pepper, 1 quart of milk, or equal parts of milk and vegetable stock, oil or butter for frying.

Method.—Pick, wash, and drain the rice, place it in a stewpan with the onion, bay-leaf, herbs, a little salt and pepper, and simmer until the milk is absorbed and the rice tender. When ready, stir in the butter and 2 eggs, cook and stir the mixture by the side of the fire for 4 or 5 minutes, then turn on to a plate. Before it is quite cold form into cutlets, coat with egg and breadcrumbs, and fry in butter or oil until nicely browned.

Time. — 2½ hours. Average Cost, 9*d*. Sufficient for 4 or 5 persons.

RICE FRITTERS.

Ingredients.—3 ozs. of rice, 1½ ozs. of sugar, ½ oz. of butter, 3 ozs. of orange marmalade, 2 eggs, 1½ pints of milk, frying-batter, frying-fat.

Method.—Simmer the rice in the milk until the whole of it is absorbed, add the sugar, butter, marmalade and eggs, and stir over the fire for a few minutes. Spread the mixture on a dish to the thickness of ½ an inch, and, when cold, cut it into strips or squares. Dip these in batter, fry in hot fat until crisp, drain well, then serve.

Time.—To cook the rice, about 1 hour. Average Cost, 8*d*. Sufficient for 5 or 6 persons.

RICE GRIDDLE CAKES (American Recipe).

Ingredients.—1 pint of plainly boiled rice, 2 cups of white flour, 2 pints of milk, 1 tablespoonful of oiled butter, 1 tablespoonful of sugar, 1 teaspoonful of salt, 1 teaspoonful of baking - powder, 3 eggs.

Method.—Add one pint of milk to the rice, cover it and let stand all night. In the morning stir in the flour, sugar, salt, and baking-powder. Beat the eggs, add the butter and remaining pint of milk to them, mix with the flour, etc., and beat well. Fry on the griddle, and serve hot.

Time.—To fry the cakes, about 10 minutes. Average Cost, 1*s*. 1*d*. to 1*s*. 4*d*. Sufficient for 8 or 9 persons. Seasonable at any time.

RICE JELLY (Invalid Cookery).

Ingredients.—2 ozs. of rice, 1 quart of boiling water, 1 inch of cinnamon, sugar to taste.

Method.—Pick and wash the rice, put it into the boiling water with the cinnamon, and boil gently for about ¾ of an hour, or until the water becomes thick and starchy. Strain, sweeten to taste, and pour into small moulds rinsed with water. Turn out when firm.

Time.—2 or 3 hours. Average Cost, 1*d*.

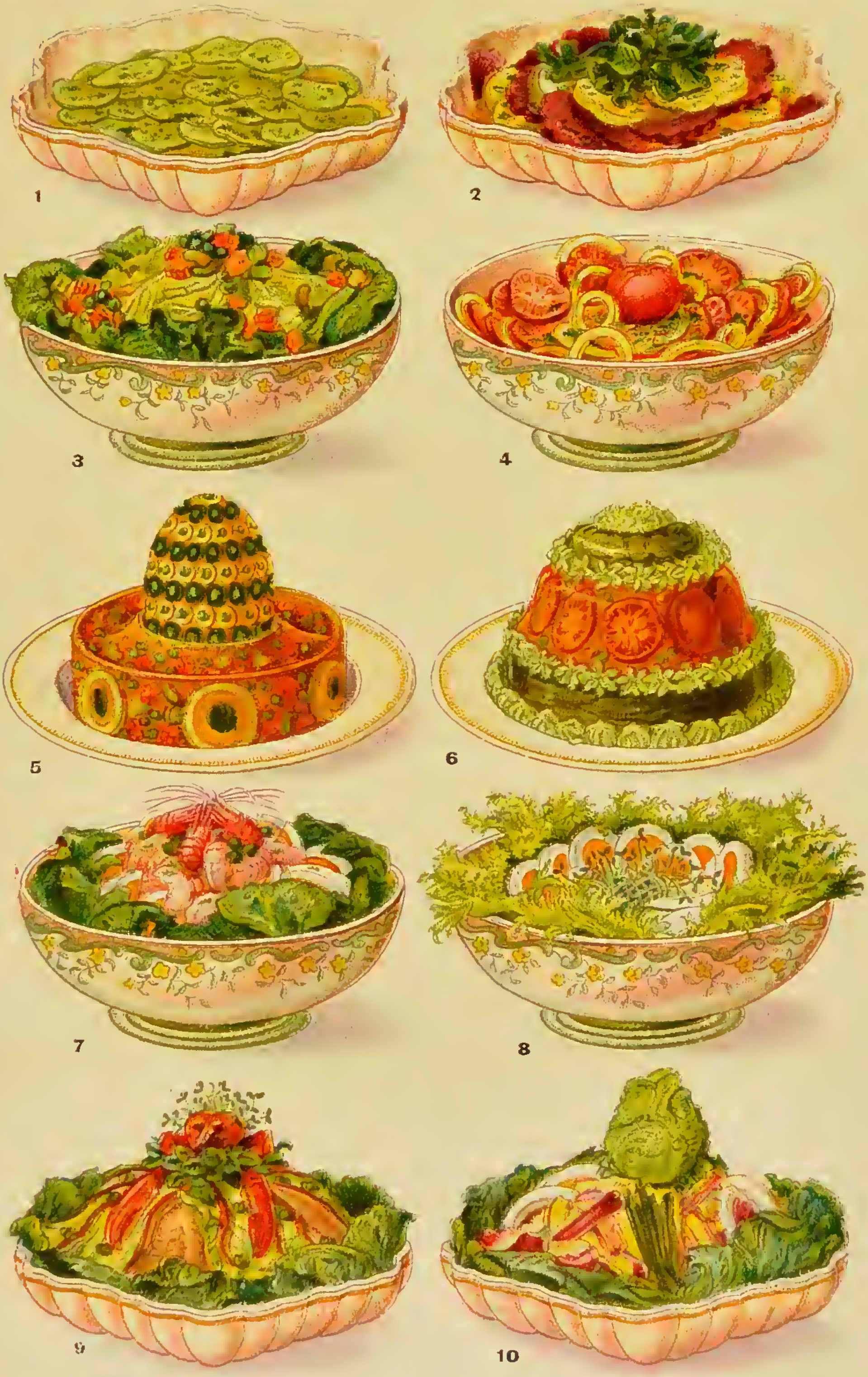
RICE PUDDING, BAKED.

Ingredients.—1 pint of milk, 3 tablespoonfuls of rice, 1½ tablespoonfuls of sugar, salt, nutmeg.

Method.—Pick and wash the rice, place it in a greased piedish, add the sugar, milk, and a small pinch of salt. Sprinkle the surface lightly with nutmeg, and bake in a slow oven for about 2 hours.

Time.—About 2 hours. Average Cost, 3*d*. Sufficient for 3 or 4 persons.

Note.—Skim milk, and ½ an oz. of butter, or a level tablespoonful of finely-chopped suet, may be used instead of the new milk.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SALADS—1 Cucumber. 2 Beetroot and Potato. 3 Macédoine. 4 Tomato. 5 Russian. 6 Italian.
7 Prawn. 8 Egg. 9 Lobster. 10 Salad Dumas.

RICE ROLLS, SAVOURY.

Ingredients.—1 quart of milk, 4 tablespoonfuls of rice, 1 tablespoonful of finely-chopped onion, 1 bay-leaf, ½ a teaspoonful of finely-powdered mixed herbs, salt and pepper, 1 oz. of butter, 3 eggs, breadcrumbs.

Method.—Pick, wash, and drain the rice, place it in a stewpan with the onion, bay-leaf, herbs, salt and pepper, and simmer until the milk is absorbed and the rice tender. When ready, stir in the butter and two slightly-beaten eggs, and continue stirring at the side of the fire for a few minutes, to allow the eggs to become partially cooked, then turn the rice on to a plate to cool. Before it is quite cold, divide it into small portions, and shape them in the form of long corks. Coat them carefully with egg and breadcrumbs, fry in hot fat until golden-brown, and use as required.

Time.—2½ hours. Average Cost, 9*d.* Sufficient for 1 large dish. Seasonable at any time.

RICE, SAVOURY (Vegetarian Dish).

Ingredients.—½ lb. of rice, 1 small onion, 3 tablespoonfuls of grated cheese, 3 tablespoonfuls of tomato sauce, a dessertspoonful of chopped parsley and herbs, cayenne and salt, 2 ozs. of butter.

Method.—Boil the rice in water with the onion chopped finely. When tender and nearly dry, stir in the other ingredients. The rice should be firm enough to make a mound on the dish. Serve hot.

Time.—About ½ an hour. Average Cost, 6*d.* to 7*d.* Sufficient for 3 or 4 persons.

RICE SOUP.

Ingredients.—2 pints of white second stock, 1 pint of milk, the yolks of 2 eggs, salt and pepper, 3 tablespoonfuls of rice.

Method.—Boil the stock, add the rice, previously well-washed, and simmer gently for about ½ hour, or until the rice is thoroughly cooked. Rub through a hair sieve, return to the stewpan, add the milk, and boil. Beat the yolks of the eggs with a little milk or cold stock, let the soup cool slightly, then pour in the eggs and stir until the soup thickens. Season to taste, and serve.

Time.—½ to 1 hour. Average Cost, 5*d.* to 6*d.* without the stock. Sufficient for 6 persons. Seasonable all the year.

RICE WATER (Dr. Pavy) (For Invalids).

Ingredients.—1 oz. of Carolina rice, 1 quart of cold water, flavouring.

Method.—Wash well 1 oz. of Carolina rice with cold water. Then macerate for 3 hours in a quart of water kept at tepid heat, and afterwards boil slowly for 1 hour, and strain. It may be flavoured with lemon-peel, cloves, or other spice. This preparation is useful in dysentery, diarrhœa, etc.

Time.—4 hours.

RICE WATER (Vegetarian Dish,.

Ingredients.—2 tablespoonfuls of rice, 1 tablespoonful of lemon or orange juice, salt to taste, 1 quart of water.

Method.—Pick and wash the rice, put it into a jar with the water and salt, cover closely, and cook in a slow oven from 3 to 3½ hours. Strain, flavour with lemon or orange juice, and serve either hot or cold.

Time.—From 3 to 3½ hours. Average Cost, 1½*d.* Sufficient for 2 or 3 persons.

RISOTTO (Italian Dish).

INGREDIENTS.—6 ozs. of rice, 2 ozs. of butter, 1½ ozs. of grated Parmesan cheese, 1 small onion finely chopped, 6 button mushrooms finely chopped, 3 pints of stock, salt and pepper.

METHOD.—Wash, drain, and thoroughly dry the rice. Heat the butter, fry the onion brown, add the rice and stir over the fire for a few minutes. Add half the stock, boil quickly for 20 minutes, then cover the pan closely and let the contents cook slowly. Add the remaining stock by degrees, and, when nearly the whole of it is absorbed, stir in the cheese, season to taste. Stir over the fire for a few minutes, then serve. If liked, grated cheese may be served separately.

TIME.—About 1 hour. AVERAGE COST, *8d.*, exclusive of the stock. SUFFICIENT for 2 or 3 persons. SEASONABLE at any time.

RISOTTO (Vegetarian Dish).

INGREDIENTS.—1 teacupful (about 4 ozs.) of Carolina rice, 2 tablespoonfuls of grated Parmesan cheese, 1 small onion finely chopped, 1 pint of vegetable stock or water, salt and pepper, 2 ozs. of butter.

METHOD.—Wash and dry the rice thoroughly. Heat the butter, fry the onion until lightly browned, then add the rice, and fry it until it acquires a nice brown colour. Put in the stock or water, add salt and pepper to taste, boil rapidly for 10 minutes, and afterwards simmer slowly until the rice has absorbed all the liquid. Stir in the cheese, add more seasoning if necessary, then serve. A little tomato purée or tomato sauce may be added to vary the dish.

TIME.—About 1½ hours. AVERAGE COST, *6d.* SUFFICIENT for 2 or 3 persons.

RISSOLES, SAVOURY (Frickadels) (An old Dutch Recipe).

INGREDIENTS.—½ lb. of finely-chopped raw mutton, 2 tomatoes, 2 rather thick slices of stale bread, 1 very small onion finely chopped, 2 eggs, nutmeg, salt and pepper to taste, breadcrumbs, ¾ pint of curry sauce, milk, fat for frying.

METHOD.—Soak the bread in milk, squeeze and drain away all that remains unabsorbed, and beat out the lumps with a fork. Pass the tomatoes through a fine sieve. Mix the meat, bread, tomato pulp, and onion together, add nutmeg, salt and pepper to taste, and stir in 1 egg. Shape into small round cakes, coat with egg and breadcrumbs, and fry in hot fat until nicely browned. Have the curry sauce ready, put in the rissoles, stew very gently for ½ an hour, and serve.

TIME.—About 1½ hours. AVERAGE COST, about 1*s.* 3*d.* SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

RISSOLES, SAVOURY (Vegetarian Dish).

INGREDIENTS.—6 tablespoonfuls of mashed potato, 2 tablespoonfuls of breadcrumbs, 1 dessertspoonful of finely-chopped parsley, 1 teaspoonful of finely-chopped onion, 2 yolks of eggs, 1 whole egg and breadcrumbs, butter or frying-fat, salt and pepper.

METHOD.—Mix the potato, breadcrumbs, parsley, onion, and a liberal seasoning of salt and pepper well together, and moisten with the yolks of eggs, adding a little milk if the mixture appears at all dry. Form into round flat cakes, coat with egg and breadcrumbs, and fry in hot butter or fat until nicely browned.

TIME.—About 1 hour. AVERAGE

COST, 6*d*. to 7*d*. SUFFICIENT for 2 or 3 persons.

Note.—See Rice Rolls, Savoury, Vermicelli, Croquettes of.

ROCK CAKES.

INGREDIENTS.—½ lb. of butter, 1 lb. of flour, ½ lb. of moist sugar, 2 eggs, 1 teaspoonful of essence of lemon, 1½ teaspoonfuls of baking-powder, a little milk.

METHOD.—Rub the butter, flour, baking-powder, and sugar well together (the flour should be dried and sifted); mix in the eggs well beaten, the essence of lemon, and ½ gill of milk. Drop the cake-mixture upon a baking-tin as roughly as possible, and bake for ¼ of an hour in a rather quick oven.

TIME.—¼ of an hour. AVERAGE COST, 1*s*. SUFFICIENT for 2 dozen cakes.

Note.—Currants or peel can be added if liked.

ROE SAUCE.

INGREDIENTS.—½ lb. of cod's roe (or any other kind preferred), ½ teaspoonful of made mustard, 1 teaspoonful of anchovy sauce, 1 dessertspoonful of vinegar, ½ pint of melted butter, salt and pepper.

METHOD.—Cook the roe in a little water; when cool, remove any skin there may be, and bruise the roe with the back of a wooden spoon. Add the mustard, anchovy essence, and vinegar, stir the whole into the prepared melted butter, and season to taste. Simmer gently for 15 minutes, then strain and serve.

TIME.—About ½ an hour. AVERAGE COST, 4*d*. to 5*d*.

ROES ON TOAST (*See* **Cod's Roe, Croûtes of Herring Roes**).

ROLLED SANDWICHES.

INGREDIENTS.—6 ozs. of finely-chopped cooked chicken, 2 ozs. of finely-chopped ham or tongue, 2 tablespoonfuls of mayonnaise sauce, brown bread.

METHOD. — Pound the chicken and ham or tongue in a mortar until smooth, adding a little liquid butter to facilitate the process. Season to taste, and rub through a fine sieve, then stir in the mayonnaise sauce. Cut some thin slices of bread and butter, trim off the crusts, spread them with this preparation, roll up firmly, wrap them lightly in a clean cloth, and let them remain in a cool place for 1 hour. Dish them daintily on a folded serviette or lace paper, and serve garnished with small cress.

ROLLS, FLUTED.

INGREDIENTS.—Puff paste, castor sugar.

METHOD.—Roll out the puff paste, dredge it well with castor sugar, and fold as usual. Repeat this twice, then roll it out to about ¼ of an inch in thickness, and stamp out some rounds with a fluted 2-inch cutter. Roll them up, brush lightly over with water, dredge with castor sugar, bake in a moderate oven until crisp and lightly browned.

TIME.—10 minutes to bake.

ROLLS, HOT.

As soon as the rolls come from the bakers they should be put into the oven, which, in the early part of the morning, is sure not to be very hot; and the rolls must not be buttered until wanted. When they are quite hot, divide them lengthwise into 3, put some thin flakes of good butter between the slices, press the rolls together, and place them in the oven for 1 or 2 minutes, but not longer or the butter will oil. Take them out of the oven, spread the butter equally over them, divide the rolls in half, put them on to a very clean hot dish, and send them instantly to table.

TIME.—10 minutes. AVERAGE COST, 1*d.* each.

ROLLS, NICE.

INGREDIENTS.—1 lb. of flour, 2 ozs. of butter, 4 ozs. of powdered lump sugar, 2 eggs, 1 teaspoonful of baking - powder, and a pinch of salt.

METHOD.—Mix all these ingredients well together, and work into a stiff dough with a little milk. Roll it out $\frac{3}{4}$ of an inch thick, and cut into rolls, throw them into a pan of boiling water on the fire, and directly they rise to the top (which will be in a minute or so, if the water is really boiling), take them out and put them into a pan of cold water for 1 or 2 hours, if not quite ready to bake them. Then bake the rolls for 20 minutes in a quick oven, a light brown.

TIME.—20 minutes. AVERAGE COST, 7*d.* SUFFICIENT for 20 rolls.

ROLY-POLY PUDDING.

INGREDIENTS.—8 ozs. of flour, 4 ozs. of finely-chopped suet, $\frac{1}{2}$ a teaspoonful of baking-powder, 1 saltspoonful of salt, 2 to 3 tablespoonfuls of jam.

METHOD.—Mix the flour, suet, baking-powder and salt into a stiff paste with a little cold water. Roll it out into a long piece about $\frac{1}{4}$ of an inch thick, spread on the jam to within one inch of the edge, and moisten the sides and far end with water. Roll up lightly, seal the edges, wrap the pudding in a scalded pudding-cloth, and secure the ends with string. Boil from $1\frac{1}{2}$ to 2 hours, or bake in a quick oven for half that length of time.

TIME.—To prepare and boil, from 2 to $2\frac{1}{2}$ hours. AVERAGE COST, 5*d.* SUFFICIENT for 4 or 5 persons.

ROMAN PUNCH.

INGREDIENTS.—1 lb. of loaf sugar, 1 quart of water, 6 lemons, 2 oranges, 3 whites of eggs, $\frac{1}{4}$ pint of rum or kirschwasser.

METHOD.—Place the water and sugar in a copper sugar boiler or stewpan, and boil to a syrup. Add the thinly-cut rind of 3 lemons and 1 orange, the orange and lemon-juice, and bring to the boil. When cold, strain, partially freeze, then add the rum or kirschwasser, the stiffly-whipped whites of eggs, and freeze for a few minutes longer. Serve in a half-frozen condition in sorbet cups or glasses.

TIME.—From $1\frac{1}{4}$ to $1\frac{1}{2}$ hours. AVERAGE COST, 1*s.* 9*d.* SUFFICIENT for 7 or 8 persons.

ROMAN SALAD.

INGREDIENTS. — Coss lettuce, finely-chopped onion, honey, vinegar.

METHOD. — Thoroughly wash, trim, and dry the lettuce, separate it into small pieces, season it with vinegar sweetened to taste with very little honey, and sprinkle over with onion.

ROOK PIE.

INGREDIENTS.—6 young rooks, $\frac{3}{4}$ lb. of rump steak, $\frac{1}{4}$ lb. of butter $\frac{1}{2}$ pint of stock, salt and pepper, paste.

METHOD.—Skin the birds without plucking them, by cutting the skin near the thighs, and drawing it over the body and head. Draw the birds in the usual manner, remove the necks and backs, and split the birds down the breast. Arrange them in a deep piedish, cover each breast with thin strips of steak, season well with salt and pepper, intersperse small pieces of butter, and add as much stock as will three-quarters fill the dish. Cover with paste (*see* Veal Pie), and bake from 1½ to 2 hours, for the first ½ hour in a hot oven to make the paste rise, and afterwards more slowly to allow the birds to become thoroughly cooked. When the pie is about three-quarters baked, brush it over with yolk of egg to glaze the crust, and, before serving, pour in, through the hole on the top, the remainder of the stock.

TIME.—To bake, from 1½ to 2 hours. AVERAGE COST, uncertain, as they are seldom sold. SUFFICIENT for 5 or 6 persons.

ROSINA PUDDING (Jewish Recipe).

INGREDIENTS.—4 ozs. of suet finely chopped, 4 ozs. of peeled and chopped apples, 4 ozs. of sultanas or currants cleaned, 4 ozs. of breadcrumbs, 2 ozs. of sugar, the rind of ½ a lemon finely chopped, or grated, 2 eggs, 1 quince finely chopped (this may be omitted), a good pinch of salt.

METHOD.—Mix all the dry ingredients well together, moisten them with the eggs (previously beaten), and turn the whole into a well-greased basin. Cover with a buttered paper, and steam from 2½ to 3 hours. If more convenient the pudding may be covered with a cloth and be boiled or steamed.

TIME.—From 3 to 4 hours. AVERAGE COST, 9*d.* to 10*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

ROUT CAKES OR PETITS FOURS.

INGREDIENTS.—1 lb. of almonds, 1 lb. of castor sugar, orange-flower water.

METHOD. — Blanch, dry, and pound the almonds finely, adding gradually a little orange-flower water. When reduced to a fine paste, put it into the stewpan with the sugar, and stir over the fire until dry and when touched does not adhere to the finger. Form into small fancifully-shaped biscuits, and bake in a moderately cool oven.

ROUX.

This is the French term for a preparation used for thickening sauces, soups, and gravies. There are three kinds of roux: "white," "blond," and "brown," all of which consist of equal quantities of butter and flour cooked together over the fire. The butter and flour are fried for a few minutes without browning, when white roux is required, and until slightly browned in making blond roux; but when the third variety is desired, the frying process must be prolonged until the roux acquires a rich nut-brown colour.

ROYAL PUDDING.

INGREDIENTS.—1 oz. of fine flour, 1 oz. of butter, 1 gill of milk, 4 yolks of eggs, 5 whites of eggs, 1 dessertspoonful of castor sugar, 2 ozs. of crushed Savoy biscuits, vanilla essence.

METHOD.—Melt the butter, stir in the flour, add the milk, and cook and stir until it leaves the sides of the stewpan clear. Cool slightly, add the sugar and vanilla, the yolks of eggs one at a time, beat well, and then stir in the biscuit crumbs. Whisk the whites stiffly, stir them lightly in, and pour the mixture into a well-buttered soufflé mould. Cover with a buttered paper, and steam very gently for 40 minutes, or bake in a hot oven for 25 minutes. Serve with wine or jam sauce.

TIME.—To cook the soufflé, from 25 to 40 minutes. AVERAGE COST, 10*d.*, exclusive of the sauce. SUFFICIENT for 3 or 4 persons.

RUFFS, TO DRESS (*See* Larks, Roasted, Larks, Stuffed and Roasted, and Wheatears, To Dress).

RUM CREAM.

INGREDIENTS.—1 wineglassful of rum, 2 ozs. of sugar, ¼ oz. of leaf gelatine, 3 yolks of eggs, ½ pint of milk, 1 bay-leaf.

METHOD.—Bring the milk to boiling point, put in the bay-leaf, and infuse for 20 minutes. Add the sugar and the yolks of eggs, stir until the mixture thickens, then put in the gelatine previously dissolved in a little hot water, and remove the bay-leaf. Add the rum, stir occasionally until cool, and pour into a mould rinsed with cold water.

TIME.—About ½ an hour. AVERAGE COST, 10*d.* SUFFICIENT for 4 or 5 persons.

RUM OMELET.

INGREDIENTS.—3 eggs, ½ oz. of butter, 1 tablespoonful of cream, 1 teaspoonful of castor sugar, a pinch of salt, 1 small glass of rum.

METHOD.—Beat the eggs well, add the cream, sugar, and the salt. Heat the butter in an omelette pan, pour in the eggs, stir until they begin to set, then fold quickly towards the handle of the pan. Cook a little longer to brown the under surface, then turn on to a hot dish, pour the rum round, light it, and serve at once.

TIME.—About 10 minutes. AVERAGE COST, 9*d.* SUFFICIENT for 2 persons.

RUM PUNCH (*See* Punch).

RUMP STEAK PUDDING (Tinned Food.)

INGREDIENTS.—1 tin of rump-steak, 1 small tin of mushrooms, 1 tin of oysters, beef extract, salt and pepper, boiling water, suet crust.

METHOD.—Drain the mushrooms and oysters, and divide the meat into neat pieces. Line a basin with paste, fill it with meat, oysters, and mushrooms, in alternate layers, seasoning each layer with salt and pepper. Make a strong gravy of meat extract and boiling water, season to taste with salt and pepper, and pour it over the meat. Put on a lid of paste, cover with greased paper or a pudding cloth, and either steam or boil for about 2½ hours. Add more gravy before serving.

TIME.—To cook the pudding, about 2½ hours. AVERAGE COST, 3*s.* 6*d.* SUFFICIENT for 6 or 7 persons.

RUSKS.

INGREDIENTS.—4 ozs. of butter, 2 ozs. of castor sugar, 1 tablespoonful of brewer's yeast, 2 lbs. of flour, 4 eggs, 1 quart of milk.

METHOD.—Mix the yeast with the sugar and 1 teacupful of warm milk; pour it into the centre of the flour in a deep bowl and let it rise for 1 hour in a warm place. The sponge should then be sufficiently light. Mix with it and the rest of the flour the remaining milk, the eggs, and a little salt, beating the whole well with a wooden spoon; then put it into a buttered tin, set it to rise for another hour, bake in a moderate oven, and, when cold, cut the cake into thin slices and dry them in a quick oven, having previously sprinkled them with pounded sugar. These rusks will be found a delicious substitute for toast for an invalid, and are appetising and nourishing.

TIME.—1 hour. AVERAGE COST, 1*s.* 6*d.*

RYE BREAD (American Recipe).

INGREDIENTS.—2 quarts of rye flour, ½ a cupful of liquid yeast (or 1 oz. of compressed yeast), 1 tablespoonful of sugar, 1 tablespoonful of butter oiled, 2 teaspoonfuls of salt, 1½ pints of warm water.

METHOD.—Mix the flour, sugar, and salt together. To the water add the yeast and butter, and stir the whole into the flour. Knead well, cover closely, and let it remain in a warm place for about 8 hours. When ready shape into 3 loaves, or 2 loaves and some small rolls; let them remain near the stove until they rise to twice their original size, and bake in a moderately hot oven. The loaves will require from 1 to 1½ hours, and the rolls from 20 to 25 minutes.

TIME.—About 10 hours. AVERAGE COST, 1*s*. SUFFICIENT for 3 loaves. SEASONABLE at any time.

RYE POP OVERS (American Recipe).

INGREDIENTS.—1½ cups of rye flour, 1 cupful of white flour, 1 tablespoonful of sugar, 1 teaspoonful of salt, 2 eggs, 1 pint of milk.

METHOD.—Mix the dry ingredients together. Beat the eggs, add to them the milk, and gradually mix with the flour. When sufficiently moist to offer little resistance to the spoon, beat well. Stir in the remainder of the milk and egg, turn into well-buttered cups or pop-over tins, and bake in a fairly hot oven.

TIME.—To bake, from 20 to 30 minutes. AVERAGE COST, about 9*d*. SUFFICIENT for 6 or 8 persons. SEASONABLE at any time.

SAGE AND ONION SAUCE (For Roast Pork).

INGREDIENTS.—¾ pint of brown stock, 2 medium-sized onions, 2 ozs. of freshly-made breadcrumbs, 1½ ozs. of butter or sweet dripping, 1 teaspoonful of finely-chopped sage, salt and pepper.

METHOD.—Cut the onions into rather small dice. Melt the butter or fat, put in the onions, and fry slowly until brown. Add the stock and boil up, then put the sage, breadcrumbs, salt and pepper, simmer for 10 minutes, and serve.

TIME.—About 40 minutes. AVERAGE COST, 7*d*.

SAGE AND ONION STUFFING (For Roast Goose, Duck, Pork).

INGREDIENTS.—2 lbs. of onions, ½ pint of freshly-made breadcrumbs, 1 tablespoonful of finely-chopped sage or a teaspoonful of powdered sage, 2 ozs. of butter, salt and pepper.

METHOD.—Cut the onions into dice, put them into cold water, bring to the boil, cook for 5 minutes, then strain and drain well. Melt the butter in a stewpan, and fry the onions for about 15 minutes without browning them. Add the breadcrumbs, sage, and seasoning, mix well, and use as required.

TIME.—About ½ an hour. AVERAGE COST, 7*d*. to 8*d*. SUFFICIENT for 1 goose, or 2 ducks.

SAGO SAUCE.

INGREDIENTS.—1 tablespoonful of large sago, ⅓ pint of boiling water, 1 glass of sherry, 1 dessertspoonful of lemon-juice, sugar to taste, a few thin strips of lemon-rind.

METHOD.—Add the sago and lemon-rind to the boiling water, and simmer gently until the sago is quite clear. Remove the lemon-rind, add the sherry and lemon-juice, sweeten to taste, make quite hot, and serve.

Time.—About 20 minutes. Average Cost, 4*d*. to 5*d*.

SAGO SNOW.

Ingredients.—2 ozs. of sago, 2 pints of milk, 2 ozs. of castor sugar, 4 eggs, vanilla.

Method.—Boil up the milk, sprinkle in the sago, simmer and stir until the mixture becomes clear. Add the sugar, let the mixture cool slightly, then put in the beaten yolks of eggs. Stir by the side of the fire until they thicken, cool a little, add the vanilla, and pour into a deep silver or glass dish. Beat the whites to a stiff froth, add 1 dessertspoonful of castor sugar, drop rough pieces into the rest of the milk, previously brought to boiling point, and poach for about 1 minute. Drain, and serve on the top of the sago custard.

Time.—From 35 to 40 minutes. to prepare. Average Cost, 9*d*. Sufficient for 4 or 5 persons.

SAGO SOUP.

Ingredients.—3 pints of second stock, 1 pint of milk, ¼ pint of cream, 3 ozs. of fine sago, the yolks of 3 eggs, 1 bay-leaf, sugar, salt and pepper.

Method.—Put the stock and bay-leaf into a stewpan; when boiling sprinkle in the sago and cook gently for 20 minutes, or until the sago is transparent. Add the milk, a good pinch of sugar, salt and pepper to taste, and continue to simmer a few minutes longer. Beat the yolks of the eggs and the cream together, add these to the soup, and stir until it thickens, but it must not be allowed to boil or the eggs will curdle. Remove the bay-leaf, and serve.

Time.—40 minutes. Average Cost, 10*d*. to 1*s*., without the stock. Sufficient for 8 persons. Seasonable at any time.

ST. HONORÉ TRIFLE.

Ingredients.—A round of Genoese cake 1 inch in thickness, ¼ pint of sherry, ½ pint of stiffly-whipped sweetened cream, 2 or 3 whites of eggs stiffly whisked and sweetened, crushed macaroons or ratafias, glacé cherries, angelica.

Method.—Remove the Genoese cake from the tin as soon as it is baked, and force the white of egg round the edge to form a raised border. Replace in a cool oven until the meringue hardens, but do not allow it to acquire much colour. Place a good layer of macaroons or ratafias on the top of the cake, pour the wine over, taking care not to touch the border, and let it soak for at least 1 hour. Just before serving, pile the cream on the top, and garnish with cherries and strips of angelica.

Time.—About 2 hours, after the cake is made. Average Cost, 2*s*. to 2*s*. 3*d*., exclusive of the cake. Sufficient for 6 or 7 persons.

SALAD CREAM.

Ingredients.—4 tablespoonfuls of cream, 1 tablespoonful of vinegar, ½ a teaspoonful of made mustard, 1 saltspoonful of castor sugar, ½ a saltspoonful of salt.

Method.—Mix the mustard, salt, and sugar smoothly together, stir in the cream, add the vinegar, drop by drop, and use as required.

Average Cost.—6*d*.

SALAD DRESSING.

Ingredients.—The yolks of 3 hard-boiled eggs, 4 tablespoonfuls of salad-oil, 2 tablespoonfuls of Worcester sauce or mushroom ketchup, 2 tablespoonfuls of vinegar, 1 teaspoonful of made mustard, 1 teaspoonful of salt, ½ a teaspoonful of pepper.

METHOD.—Rub the yolks of eggs through a fine sieve, mix with them the salt, pepper, and mustard. Stir in the salad-oil, add the Worcester sauce and vinegar gradually, and when thoroughly incorporated the dressing is ready for use. The whites of the eggs should be utilised for garnishing the salad. The above will be found an excellent dressing for cold meat salads to be served with cold meat.

AVERAGE COST.—8*d.* or 9*d.*

SALAD DRESSING (Made without oil).

INGREDIENTS. — 2 hard-boiled eggs, 4 tablespoonfuls of cream, 1 tablespoonful of vinegar, 1 teaspoonful of mixed mustard, ¼ of a teaspoonful each of pepper, salt, and castor sugar.

METHOD.—Pound the yolks of the eggs in a mortar, then put them into a basin, and add the mustard, salt, pepper, and sugar; add the cream gradually, and stir vigorously until it becomes very thick. Add the vinegar drop by drop just at the last.

TIME.—About 20 minutes. AVERAGE COST, from 6*d.* to 7*d.*

SALAD SANDWICHES.

INGREDIENTS.—Lettuce, watercress, mustard and cress, mayonnaise sauce, white or brown bread, butter, salt.

METHOD.—Wash and dry the lettuce and cress thoroughly, then shred the lettuce finely, remove the stalks from the cress, season with salt, and mix with the mayonnaise sauce. Place a layer of this preparation between thin slices of bread and butter, press them well together, trim away the crusts, and cut into desired shapes.

SALMIS SAUCE.

INGREDIENTS.—1 teaspoonful of red-currant jelly, ½ pint of Espagnole sauce, 1 gill of game stock (made from the carcass of cooked game), 2 shallots chopped finely, 1 bay-leaf, 1 sprig of thyme, a few mushroom trimmings, 1 glass of port, 1 tablespoonful of sweet oil.

METHOD.—Put the oil in a stewpan, and fry the shallots a golden colour, add the bay-leaf, thyme, mushroom trimmings, and port wine, cover the stewpan and cook for 5 minutes. Add the stock and sauce, stir well, simmer for 10 minutes, and remove the scum. Pass the sauce through a tammy-cloth, season, add red-currant jelly, warm up, and serve.

TIME.—From 35 to 40 minutes. AVERAGE COST, 1*s.* 2*d.*

SALMON AU GRATIN.

INGREDIENTS.—Cooked salmon, fish sauce or white sauce, brown breadcrumbs, salt and pepper.

METHOD.—Separate the fish into large flakes, place them in a fireproof baking-tin, sprinkle them with salt and pepper, and barely cover with sauce. Add a thin layer of lightly-browned breadcrumbs, place a few small pieces of butter on the top, and bake in a moderately hot oven for a few minutes. Serve in the dish.

TIME.—From 8 to 10 minutes. AVERAGE COST, salmon, 1*s.* 3*d.* to 2*s.* 6*d.* per lb. ALLOW 1 lb. to 3 or 4 persons. SEASONABLE from February to October.

SALMON, BAKED, WITH CAPER SAUCE.

INGREDIENTS.—2 slices of salmon, ¼ lb. of butter, ½ a teaspoonful of chopped parsley, 1 shallot, salt and pepper, and grated nutmeg to taste, caper sauce.

METHOD.—Lay the salmon in a baking-dish, place the pieces of butter over it, and add the other ingredients, rubbing a little of the seasoning into the fish. Baste frequently, and when done place the salmon on a dish, pour caper sauce over it, and serve. Salmon dressed in this way with tomato sauce is very delicious.

TIME.—About ¾ of an hour. AVERAGE COST, 3*s.* 6*d.* SUFFICIENT for 6 persons. SEASONABLE from April to August.

SALMON, BOILED.

INGREDIENTS.—Salmon. For the court-bouillon (or highly-seasoned fish stock), allow to each quart of water 1 dessertspoonful of salt, 1 small turnip, 1 small onion, ½ a leek, 1 strip of celery, 6 peppercorns, a bouquet-garni (parsley, thyme, bay-leaf).

METHOD.—Put into the fish-kettle just enough water to cover the fish, and when boiling add the prepared vegetables, and cook gently for 30 minutes. In the meantime, wash, clean, and scale the fish, and tie it loosely in a piece of muslin. Remove any scum there may be on the court-bouillon, then put in the fish and boil gently until sufficiently cooked (the time required depends more on the thickness of the fish than the weight; allow 10 minutes for each lb. when cooking a thick piece, and 7 minutes for the tail end), then drain well, dish on a folded napkin, garnish with parsley, and serve with sliced cucumber, and Hollandaise, or other suitable sauce.

TIME.—From 7 to 10 minutes per lb. AVERAGE COST, from 1*s.* 3*d.* to 2*s.* 6*d.* SUFFICIENT, allow from 4 to 6 ozs. per head. SEASONABLE from April to August.

SALMON, COLLARED.

INGREDIENTS.—1 small salmon, vinegar, salt and pepper, mace, cayenne, peppercorns, allspice, bay-leaves, cloves.

METHOD.—Cut off the head and tail, wash and scale the fish, and cut it in two lengthwise. Only one half is required for a roll; therefore either 2 rolls must be made, or the other half dressed in another way. Mix together ½ a teaspoonful of salt, ¼ of a teaspoonful of pepper, a good pinch each of mace and cayenne. Remove the bones and skin from the fish, spread it flat on the table, and rub the inside well with the seasoning. Roll up the fish, and bind it firmly with string. Have ready a stewpan, just large enough to hold the fish, containing boiling water and vinegar, in the proportion of ¼ pint of vinegar to 1 pint of water, and add 12 peppercorns, ½ a teaspoonful of allspice, 2 cloves, 2 bay-leaves, and salt to taste. Put in the fish, and simmer gently for about 1 hour. When done, place in a deep earthenware vessel, and when the liquor is cold pour it over the salmon, and let it remain until required for use.

TIME.—To prepare and cook, about 1½ hours. AVERAGE COST, 1*s.* 3*d.* to 2*s.* 6*d.* per lb. SUFFICIENT for 1 dish. SEASONABLE from April to August.

SALMON, CRIMPED.

Salmon should be crimped as soon as possible after being caught. Deep gashes about 2 inches apart should be made on both sides of the fish, which should at once be plunged into cold water and allowed to remain for 2 hours, changing the water 3 times at least.

SALMON, CURED OR SALTED.

Ingredients. — Salmon, saltpetre, salt.

Method.—Split the fish in halves, remove the bone, dry well with a soft cloth, and sprinkle liberally with salt. Let it remain thus for 24 hours, then drain and dry thoroughly, and divide the fish into pieces to pack conveniently in a large jar. Add 1 oz. of saltpetre to 12 ozs. of salt, rub the mixture well into the fish, and pack closely in a jar with salt between the layers. If the salt, when dissolved, does not cover the fish, make a little strong brine, and add it, when quite cold, to the contents of the jar.

SALMON, CURRIED.

Ingredients.—1½ lbs. of cooked salmon, 1 oz. of butter, 1 dessertspoonful of curry-powder, 1 dessertspoonful of flour, 1 sour apple (or a corresponding amount of rhubarb or green gooseberries) coarsely chopped, 1 small onion sliced, 1 teaspoonful of lemon-juice, ½ a teaspoonful of anchovy essence, ½ pint of fish stock or water, salt.

Method.—Melt the butter, fry the onion without browning, then add the curry-powder and flour, and fry slowly for about 20 minutes. Add the fish stock or water, apple, onion, and salt to taste, simmer gently for ½ an hour, then strain, replace in the stewpan, and add the anchovy essence, lemon-juice, and seasoning, if necessary. Have the fish ready freed from skin and bones, and separated into large flakes, put it into the prepared curry sauce, make thoroughly hot, and serve with well-boiled rice.

Time.—About 1 hour. Average Cost, 2*s.* 6*d.* to 3*s.* Sufficient for 5 or 6 persons. Seasonable from April to August.

SALMON CUTLETS.

Ingredients.—Slices of salmon, butter, pepper and salt, anchovy or caper sauce.

Method.—Cut the slices 1 inch thick, and season them with pepper and salt. Butter some sheets of white paper, enclose each slice of fish separately, and secure the ends of the paper case by twisting tightly, broil gently over a clear fire, and serve with anchovy or caper sauce.

Time.—From 10 to 15 minutes. Average Cost, 1*s.* 3*d.* to 2*s.* 6*d.* per lb. Seasonable from April to August.

SALMON FILLETS, FRIED IN BUTTER (Passover Dish).

Ingredients.—1½ lbs. of salmon, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped shallot or onion, ½ a teaspoonful of powdered mixed herbs, flour, frying-batter, frying-oil, salt and pepper.

Method.—Divide the salmon into slices about 2 inches square and rather more than ½ an inch in thickness, and roll them in flour seasoned with a little salt and pepper. Make the batter, add to it the onion, parsley, herbs, and a good seasoning of pepper, and dip in the pieces of fish. If available, fry them in a deep pan of oil ; if not, heat a good layer of oil in a sauté-pan or a good sized frying-pan, and cook the fish until well browned on both sides. Serve cold.

Time.—40 minutes. Average Cost, 2*s.* to 3*s.* Sufficient for 4 or 5 persons. Seasonable from February to August.

SALMON, FRIED (Jewish Recipe).

Ingredients. — 2 slices of salmon, about 1¼ inches thick, 1 egg, flour, salt and pepper, salad-oil.

METHOD.—Wash the fish in cold water, dry it well on a cloth, sprinkle both sides of each slice with salt, let them remain for ½ an hour, then fold them in a clean cloth and press gently to remove all moisture. Season 1 good tablespoonful of flour with salt and pepper, coat the fish completely, and dip it into beaten egg. During this process heat some salad oil in a sauté or frying-pan, and then put in the fish and fry it until well browned on both sides. Drain thoroughly, and serve cold.

TIME.—1 hour. AVERAGE COST, 2*s.* to 3*s.* SUFFICIENT for 4 persons. SEASONABLE from February to August.

SALMON, FRIED (Jewish Recipe).

INGREDIENTS.—1½ lbs. of salmon, a small flask of olive-oil.

METHOD.—Pour the oil into a small but deep pan, set over a clear fire, and when it ceases to bubble, put in the salmon, previously cleaned and dried with a cloth, and fry it gently until it is completely cooked through. It should be only a golden-brown, and when the salmon has acquired this colour, the pan should be placed where the fish will cook slowly, so as to prevent it becoming darker. When thoroughly done, drain and leave it to get cold, and serve it upon a fish paper, garnished with parsley.

TIME.—About ½ an hour to cook the fish. AVERAGE COST, 2*s.* 6*d.* SUFFICIENT for 4 persons. SEASONABLE from April to August.

SALMON KEDGEREE.

INGREDIENTS.—1 tin of salmon (about ½ lb.), 4 ozs. of well-boiled rice, 1 oz. of butter, finely-chopped parsley, salt and pepper, grated nutmeg.

METHOD.—Divide the fish into rather large flakes. Heat the butter in a stewpan, put in the rice, make it thoroughly hot, season to taste, and add the fish. Stir very gently over the fire for 3 or 4 minutes, and serve piled on a hot dish. One or two hard-boiled eggs coarsely chopped are sometimes added to the above ingredients.

TIME.—½ an hour. AVERAGE COST, 10*d.* to 1*s.* SUFFICIENT for 4 or 5 persons.

SALMON, MAYONNAISE OF.

INGREDIENTS.—Cold boiled salmon, lettuce, cucumber, beetroot, gherkins, capers, boned anchovies, hard-boiled eggs, mayonnaise sauce.

METHOD.—A mayonnaise of salmon may consist of a large centre-cut, a thick slice, or the remains of cold salmon cut into pieces convenient for serving. In all cases the skin and bone must be removed, and the fish completely masked with thick mayonnaise sauce, the stiffening properties of which are greatly increased by the addition of a little liquid, but nearly cold, aspic jelly. When procurable, a little endive should be mixed with the lettuce, for although the somewhat bitter flavour of this salad plant is disliked by many people, its delicate, feathery leaves greatly improve the appearance of any dish of which it forms a part. Many other garnishings, in addition to those enumerated above, may be used; the leaves of the tarragon and chervil plants, and fancifully-cut thin slices of truffle being particularly effective when used to decorate the surface of mayonnaise sauce (*see* Lobster Mayonnaise).

AVERAGE COST.—Salmon, 1*s.* 3*d.* to 2*s.* 6*d.* per lb.

SALMON OMELET (Chafing Dish Cookery).

INGREDIENTS.—4 ozs. of salmon, 6 eggs, 1 tablespoonful of milk, 1 oz. of butter, white sauce, salt and pepper.

METHOD.—Free the salmon from skin and bones and flake it finely; heat it up in just enough butter and white sauce to moisten. Season with salt and pepper, and keep hot. Beat up the eggs with 1 tablespoonful of milk; melt the butter in the chafing dish, pour in the egg mixture, and stir over a quick fire until the eggs begin to set. When ready to fold, put in the hot salmon mixture, fold in the ends and shape neatly. Serve hot.

TIME.—5 or 6 minutes. AVERAGE COST, 1*s*. 6*d*. to 1*s*. 9*d*. SUFFICIENT for 3 persons. SEASONABLE from February to October.

SALMON, PICKLED.

INGREDIENTS.—Salmon, ½ oz. of whole pepper, ½ oz. of whole allspice, 1 teaspoonful of salt, 2 bay-leaves, equal quantities of vinegar and the liquor in which the fish was boiled.

METHOD.—After the fish comes from table, and the bones have been removed, lay it in a clean, deep dish. Boil the liquor and vinegar with the other ingredients for 10 minutes, let them stand to get cold, then pour them over the salmon, and in 12 hours it will be ready for use.

TIME.—10 minutes. AVERAGE COST, 1*s*. 3*d*. to 2*s*. 6*d*. per lb. SEASONABLE from April to August.

SALMON PIE.

INGREDIENTS. — 1 lb. of cold salmon, 2 tablespoonfuls of mashed potatoes, 2 tablespoonfuls of white breadcrumbs, 2 tablespoonfuls of oiled butter, 2 eggs, ¼ pint of milk (about), panurette or browned breadcrumbs, butter, salt and pepper.

METHOD.—Free the fish from skin and bone, and chop it coarsely. Put it into a basin with the potato, white breadcrumbs, and oiled butter, season rather highly with salt and pepper, and stir in the eggs and as much milk as is needed to form the whole into a stiff batter. Have ready a well-greased white china baking dish or a piedish, turn in the fish preparation, sprinkle the surface with red panurette or brown breadcrumbs, and add a few very small bits of butter. Bake in a moderate oven for about 1 hour, or until the mixture is set. Serve hot, or re-heat at the time of serving.

TIME.—1½ hours. AVERAGE COST, 10*d*. to 1*s*. SUFFICIENT for 5 or 6 persons. SEASONABLE from February to September.

SALMON, POTTED.

INGREDIENTS. — Cold salmon, clarified butter, anchovy essence, powdered mace, salt and pepper, cayenne.

METHOD.—Free the fish from skin and bone, then pound it thoroughly in a mortar. Add by degrees the seasoning and the anchovy essence and clarified butter a few drops at a time, until the right consistency and flavour is obtained, then rub the ingredients through a fine sieve, press into small pots, and cover with a good layer of clarified butter. Fresh salmon may also be potted (*see* Lobster, Potted).

AVERAGE COST.—Salmon, from 1*s*. 6*d*. to 2*s*. 6*d*. per lb.

SALMON SANDWICHES.

INGREDIENTS. — Cold boiled salmon, prepared cucumber (*see* Cucumber Sandwiches), mayonnaise or tartare sauce, bread, butter.

METHOD.—Cover thin slices of bread and butter with salmon separated into very small flakes, add a thin layer of mayonnaise or tartare sauce, and on the top place slices of cucumber. Cover with more bread and butter, press well together, trim, and cut into shape. Other kinds of fish may be used in this manner, or they may be pounded and passed through a sieve. Tomato, lettuce, or cress may replace the cucumber, and any suitable thick sauce may be substituted for the mayonnaise.

SALMON SCALLOPED.

Ingredients.—1 tin of salmon, breadcrumbs, white sauce, butter, salt and pepper, grated cheese.

Method. — Divide the salmon into rather large flakes. Butter as many scallop shells as are required rather thickly with butter, and sprinkle them lightly with breadcrumbs. Nearly fill them with salmon, add 1 or 2 tablespoonfuls of sauce, and cover the surface with breadcrumbs. Sprinkle lightly with cheese, season with salt and pepper, then add 2 or 3 small pieces of butter. Bake in a moderate oven until nicely browned, and serve.

Time.—20 minutes. Average Cost, 1*s.* to 1*s.* 3*d.*, when the whole tin is used. Allow 1 to each person.

SALMON, SMOKED OR KIPPERED.

Ingredients.—Salmon, equal quantities of common salt and Jamaica pepper mixed together; also a mixture composed of 1 lb. of salt, 3 ozs. of coarse sugar, 1 oz. of saltpetre.

Method.—Scale the fish, split it down the back, remove the head and all the backbone except 3 inches at the tail. Clean and dry the inside thoroughly, then rub well with salt and Jamaica pepper, and let it remain thus for 24 hours. Drain well, rub the fish two or three times with the mixture of salt, sugar, and saltpetre, let it stand for 2 days, and then rub it again with the mixture. Now stretch the fish on sticks, hang it by the tail, exposed to the rays of the sun or the heat of the fire, for 3 or 4 days, and afterwards suspend it in the smoke of a wood or turf fire until dry—usually from 15 to 20 days. Sometimes salt and Jamaica pepper alone are used, but the process is exactly the same. The peculiar flavour possessed by some varieties is due to juniper bushes being used as fuel instead of wood or turf.

SALMON, SMOKED, TO COOK.

Ingredients.—Smoked salmon, salad-oil.

Method.—Cut the fish into small thin slices, brush them over with salad-oil, and enclose them in oiled papers. Grill the slices over a slow clear fire for 7 or 8 minutes, turning them 2 or 3 times during the process. Serve with oiled butter, or any fish sauce that may be liked.

Time.—7 or 8 minutes. Average Cost, 3*s.* 6*d.* per lb. for smoked salmon.

SALMON STEAKS.

These may be enclosed in an oiled or buttered paper, and either grilled or fried in hot butter in a sauté-pan. Or they may be coated with egg and breadcrumbs and fried. Serve with sliced cucumber and a suitable sauce.

SALPICON.

This name is applied to the various mixtures used for filling timbales, bombs, patty-cases, croustades, ramakins, etc. It may consist of dice of chicken, game, veal, ham, tongue, truffles, mushrooms, oysters, shrimps, lobsters, sole, or other kind of fish, variously seasoned, and moistened with a thick sauce, usually Béchamel or Espagnole.

SALSIFY, BOILED.

Ingredients.—Salsify: to each ½ gallon of water allow 1 heaped tablespoonful of salt, 1 oz. of butter, 2 tablespoonfuls of lemon-juice.

Method.—Scrape the roots gently, so as to strip them only of their outside peel; cut them into pieces about 4 inches long, and, as they are peeled, throw them into water mixed with a little lemon-juice, to prevent their discolouring. Put them into boiling water with salt, butter, and lemon-juice in the above proportion, and let them boil rapidly until tender; try them with a fork, and, when it penetrates easily, the roots are done. Drain the salsify, and serve with good white sauce.

Time.—From 30 to 40 minutes. Seasonable from December to March.

Note.—Salsify may also be cooked according to any of the recipes given for dressing celery.

SALT.

The importance of salt as a condiment, as an antiseptic, and an article of food cannot be overestimated. In cookery its uses are apparently contradictory, for it aids in softening certain substances when applied through the medium of cold water, and greatly assists in hardening the same when the medium is boiling water. It increases the specific gravity of water, and consequently raises the boiling point, a matter of considerable importance in boiling rice, when it is necessary to keep the water in a state of ebullition to prevent the rice coalescing. Every other condiment, no matter how desirable, may be dispensed with, or one condiment may be substituted for another, but salt is absolutely indispensable, for it makes palatable food that would otherwise be uneatable. Salt, like all other seasonings, must be used with judgment: the expression "salt to taste," even when applied to water in which vegetables are cooked, means that the amateur should taste the water until experience teaches her how much salt to add.

SANDWICHES, ADELAIDE.

Ingredients.—Cooked chicken and ham, white bread, curry-butter.

Method.—Cut the chicken and ham into very thin slices, and remove all skin, gristle, and the greater part of the fat. Prepare some thin slices of bread, spread with curry-butter, add next a slice of ham, then a layer of chicken, sprinkle lightly with salt, and cover with bread and butter. Press well to make the parts adhere firmly together, trim away the crusts, and cut into 4 triangles. Dish neatly on a folded serviette, and garnish with water-cress or parsley.

SANDWICHES, FROSTED ALMOND.

Ingredients. — Puff paste, cheesecake mixture, apricot or raspberry jam, blanched and shredded almonds, 1 white of egg, milk, castor sugar, vanilla sugar.

Method.—Roll the paste out to about ¼ of an inch in thickness, and cut it into two long strips 3 inches wide. Place one strip on a wetted baking-tin, prick lightly with a fork to prevent it blistering, spread first a thin layer of jam, and then a layer of cheesecake mixture. Cover with the other strip of paste, moisten the edges and pinch them together, brush lightly over with milk, and dredge with castor sugar. Bake in a moderate oven for about 10 minutes, and let the pastry cool a little. Whip the white of egg to a stiff froth, sweeten with 1 tablespoonful of vanilla sugar, spread it lightly on the pastry, and sprinkle on the prepared almonds. Divide into strips about 1½ inches wide, replace in the oven, and bake for 10 minutes longer.

Time.—½ an hour, after the pastry is made. Average Cost, 1*s*. 6*d*. to 1*s*. 9*d*. Sufficient for 10 persons.

SARDINE AND TOMATO SANDWICHES.

Ingredients.—1 tin of sardines, 2 hard-boiled yolks of eggs, 2 or 3 firm tomatoes, lemon-juice or vinegar, salt and pepper, white or brown bread, butter.

Method.—Skin and bone the sardines, and split them in halves. Pass the tomatoes and yolks of eggs through a fine sieve, mix with them a little butter, add the lemon-juice or vinegar, and salt and pepper to taste. Prepare some fingers of bread, spread them with the tomato preparation; on the top place ½ a sardine, and cover with fingers of bread and butter. Press well together, and dish tastefully on a folded serviette garnished with parsley.

SARDINE PASTIES.

Ingredients.—1 tin of sardines, short crust or rough puff paste, or puff paste trimmings, 1 egg.

Method.—Skin the sardines, take away the backbone, and replace the two halves. Roll out the paste as thinly as possible, cut it into strips about 4 inches by 2 inches, and in each strip enclose a sardine, leaving the ends open. Brush over with beaten egg, bake in a quick oven, and serve hot.

Time.—To bake the pasties, about 15 minutes. Average Cost, 1*s*. to 1*s*. 4*d*. per tin. Allow 1 to each person, when served as a savoury.

SARDINE SAUCE.

Ingredients.—1 pint of good stock, 1 oz. of butter, 1 oz. of flour, 6 large sardines, the thin rind of 1 lemon, 1 shallot, 1 bay-leaf, nutmeg, salt and pepper.

Method.—Remove and preserve the bones, chop the sardines rather coarsely. Melt the butter, add the flour, stir and cook gently for a few minutes, then add the stock. Bring to the boil, add the fish bones, lemon-rind shallot, bay-leaf, a good pinch of nutmeg, and a seasoning of salt and pepper. Simmer gently for 15 minutes, then strain over the chopped sardines, and serve as an accompaniment to fish.

Time.—About ½ an hour. Average Cost, 1*s*.

SARDINE TOAST.

Ingredients.—4 sardines, ½ oz. of butter, the yolks of 2 eggs, 2 tablespoonfuls of milk, 1 teaspoonful of essence of anchovy, toast, butter, cayenne.

Method.—Skin and bone the sardines and chop them coarsely. Put the milk and butter into a stewpan; when hot, add the prepared sardines, anchovy essence, and a little cayenne, and last of all the yolks of eggs. Stir by the side of the fire until the eggs thicken, but do not let them boil, or they may curdle. Have ready well-buttered squares of toast, pour on the preparation, and serve as quickly as possible.

Time.—20 minutes. Average Cost, 9*d*. Sufficient for 3 or 4 persons. Seasonable at any time.

SARDINES, DEVILLED.

INGREDIENTS.—8 or 10 sardines, 8 or 10 fried finger-shaped croûtes, 1 oz. of butter, 1 finely-chopped shallot, lemon-juice, cayenne, Krona pepper, salt.

METHOD.—Skin the sardines, split them down the back, remove the bone, and replace the two halves. Sprinkle them with lemon-juice, shallot, cayenne, and salt, cover and let them remain for ½ an hour, during which time they must be turned once, and again sprinkled with lemon-juice, etc. Heat the butter in a sauté-pan, drain and dry the sardines, rub them over lightly with flour, and fry them until nicely browned. Meanwhile, fry the croûtes in clarified butter or fat, lay on each a sardine, sprinkle with lemon-juice and Krona pepper, and serve as hot as possible.

TIME.—1 hour. AVERAGE COST, 1*s.* to 1*s.* 2*d.* SUFFICIENT for 6 or 8 persons. SEASONABLE at any time.

SARDINES POTTED.

INGREDIENTS.—Sardines, butter, cayenne.

METHOD.—From each sardine remove the skin and backbone. Pound to a paste, adding butter as required, and season highly with cayenne. Pass through a hair sieve, press into small pots, and cover with clarified butter.

TIME.—About 40 minutes. AVERAGE COST, 1*s.* to 1*s.* 4*d.* per tin. SUFFICIENT 1 tin for 2 or 3 small pots.

SARDINES WITH TOMATOES.

INGREDIENTS.—8 small or 4 large sardines, 8 finger-shaped croûtes of fried bread or buttered toast, 2 tomatoes, 1 teaspoonful of cornflour, 1 teaspoonful of grated Parmesan cheese, pepper and salt.

METHOD.—Skin the sardines, remove the bones, and divide them in halves if large. Squeeze as much juice as possible from the tomatoes, and rub the pulp through a fine sieve. Put it into a small stewpan; when hot add the cornflour, previously blended with a little tomato juice, and stir until it thickens. Season with salt and pepper, stir in the cheese, and spread each croûte lightly with the preparation. Lay the sardines on the top, cover with a thin layer of the tomato mixture, place in the oven until thoroughly hot, then serve.

TIME.—½ an hour. AVERAGE COST, 10*d.* SUFFICIENT for 6 or 8 persons. SEASONABLE at any time.

SASSAFRAS (Jewish Recipe).

INGREDIENTS.—2*d.* of sassafras, ¼ of a teaspoonful of aniseed, ½ an inch of stick liquorice, ½ pint of boiling water.

METHOD.—Put all the ingredients into a jug, cover, let it stand for 1 hour, then strain. When a fine strainer is not available the liquorice and aniseed should be tied in a piece of muslin and afterwards removed.

TIME.—1 hour. AVERAGE COST, 3*d.* SUFFICIENT for 1 pint.

SAUCE FOR CHRISTMAS PUDDING.

INGREDIENTS.—1 wineglassful of rum, 4 yolks of eggs, 3 whites of eggs, 2 ozs. of castor sugar, ½ gill of water.

METHOD.—Put all the ingredients into a stewpan, with half a gill of water, stand it in a larger pan of boiling water, and whisk briskly until the whole becomes thick and frothy. Serve at once.

TIME.—About 15 minutes. AVERAGE COST, 9*d.* or 10*d.* for this quantity.

SAUCE FOR STEAKS, CHOPS, ETC.

Ingredients.—1 pint of mushroom ketchup or walnut pickle, ½ oz. of pickled shallots, ½ oz. of grated horseradish, ½ oz. of allspice, 1 oz. of black pepper, 1 oz. of salt.

Method. — Pound the shallots and horseradish until smooth in a mortar, add the rest of the ingredients, and let the whole stand closely covered for 14 days. Strain into small bottles, cork and seal securely, and store for use.

Time.—2 weeks. Average Cost 1s. 6*d*.

SAUCE FOR SWEET PUDDINGS.

Ingredients.—¼ lb. of butter, ¼ lb. of pounded sugar, a wineglassful of brandy or rum.

Method.—Beat the butter to a cream, add the pounded sugar and brandy or rum; stir until the whole is thoroughly mixed, and serve. This sauce may either be poured round the pudding or served in a tureen, according to taste.

Time.—10 minutes. Average Cost, 8*d*.

SAUCER CAKE FOR TEA.

Ingredients.—¼ lb. of flour, ¼ lb. of best cornflour, ¼ lb. of castor sugar, ¼ lb. of butter, 2 eggs, 1 oz. of candied orange or lemon-peel.

Method.—Mix the flour and cornflour together; add the sugar, the candied peel cut into thin slices, the butter beaten to a cream, and the eggs well-whisked. Beat the mixture for 10 minutes, put it into a buttered cake-tin or mould; or, if this is not obtainable, a soup-plate answers the purpose, lined with a piece of buttered paper. Bake the cake in a moderate oven from ¾ to 1 hour, and when cold put it away in a covered canister. It will remain good for some weeks, even if it be cut into slices.

Time.—¾ to 1 hour. Average Cost, 1*s*. Sufficient for 1 cake.

SAUSAGE FARCE (For Stuffing Turkey).

Ingredients.—2 lbs. of lean pork, 4 level tablespoonfuls of freshly-made breadcrumbs, ½ a teaspoonful of mixed herbs, ½ a teaspoonful of sage, 1 teaspoonful of salt, ½ a teaspoonful of pepper, the liver of the turkey, finely chopped, stock.

Method.—Cut the pork into small pieces, and pass it two or three times through the mincing machine. Add to it the breadcrumbs, herbs, liver, seasoning, and mix well together. Moisten with a very little stock, and use.

Time.—From 20 to 30 minutes. Average Cost, 1*s*. 6*d*. to 1*s*. 7*d*. Sufficient for one turkey.

SAUSAGES, TO BOIL.

Ingredients.—Sausages.

Method. — Prick the sausages with a fork, throw them into boiling water, and cook gently for 15 minutes. Serve on buttered toast or mashed potato. Or, let them cool slightly, remove the skins, coat with egg and breadcrumbs, and fry in hot butter or fat until crisp and brown.

Time.—To boil, 15 minutes. Average Cost, 8*d*. to 10*d*. per lb.

SAUSAGES, TO FRY.

Ingredients.—Sausages, frying-fat.

Method. — Prick the sausages well with a fork, as this prevents the skins breaking. Put the sausages into a frying-pan containing a little hot fat. and fry gently, turning two or three times, so as to brown them equally. Serve on mashed potato or toasted bread.

Time.—About 10 minutes. Average Cost, 8*d.* to 10*d.* per lb.

SAUSAGES, TO MAKE.

Ingredients.—1 lb. of pork, fat and lean, without skin or gristle; 1 lb. of lean veal, 1 lb. of beef suet, ½ lb. of breadcrumbs, the rind of ½ a lemon, some nutmeg, 6 sage leaves, 1 teaspoonful of savoury herbs, ½ a teaspoonful of marjoram.

Method.—Chop the pork, veal, and suet finely together, add the breadcrumbs, lemon-peel (which should be well minced), and a grating of nutmeg. Wash and chop the sage leaves very finely; add these, with the remaining ingredients, to the sausage-meat, and when thoroughly mixed, either put the meat into skins, or, when wanted for table, form it into little cakes, which should be floured and fried.

Average Cost.—For this quantity, 2*s.* 6*d.* Sufficient for about 30 moderate-sized sausages.

SAVARIN.

Ingredients.—8 ozs. of flour, ½ oz. of yeast, 2 ozs. of castor sugar, 3 ozs. of butter, 4 eggs, 1 tablespoonful of cream, a little milk, salt.

Method.—Dry and sift the flour, put 2 ozs. of it into a warm basin, add a pinch of salt, and make a well in the centre. Mix the yeast smoothly with a little tepid milk, add it to the flour, work into a smooth sponge or dough, and let it stand in a warm place until it expands to twice its original size. Put the remainder of the flour into a large basin, add the sugar, warmed butter, the eggs one at a time, and a little tepid milk if required. Beat well for 10 or 15 minutes, add the dough when sufficiently risen, work in the cream, and beat all well together for 10 minutes longer. Have ready a well-buttered border mould, sprinkle the inside with ground rice and fine sugar mixed in equal quantities, or finely-shredded almonds, or cocoanut. Half fill with the dough, cover, and let it stand in a warm place until it rises nearly to the top of the mould; then bake in a hot oven.

Time.—About 2 hours. Average Cost, 8*d.* to 10*d.* Sufficient for 5 persons.

SAVOURY PUDDING.

Ingredients.—½ lb. of fine oatmeal, ½ lb. of stale bread, ½ lb. of finely-chopped suet, 2 large onions, 1 teaspoonful of salt, ¼ of a teaspoonful of pepper, ½ a teaspoonful of powdered sage, ¼ of a teaspoonful of powdered mixed herbs, 2 eggs.

Method.—Soak the bread in hot water for ½ an hour, then drain away any unabsorbed liquid, and beat out the lumps with a fork. Boil the onions in salt and water for ½ an hour, then chop them coarsely. Mix all the ingredients, adding the beaten eggs last. Melt as much dripping in a Yorkshire pudding tin as will form a very thin layer, put in the mixture, spread it evenly with a knife, and bake for about 1 hour in a moderate oven. When done, cut into squares and serve with good gravy. This pudding may be served with pork, duck, or goose. In Yorkshire, this pudding, like the batter pudding that takes it name from the county, is served separately, and before the meat.

Time.—To bake, about 1 hour. Average Cost, 10*d.* for this quantity. Sufficient for 8 persons.

SAVOY BISCUITS.

Ingredients.—4 eggs, 8 ozs. of castor sugar, a few drops of essence of lemon, 8 ozs. of flour.

Method.—Break the eggs into a basin, beat well with the sugar and essence of lemon for ¼ of an hour. Then dredge in the flour gradually, and well, but lightly mix. Then put the mixture into a savoy bag, lay the biscuits out on to a sheet of thick cartridge paper, and bake them in rather a hot oven; but let them be carefully watched, as they are soon done, and a few seconds over the proper time will scorch and spoil them. These biscuits, or ladies' fingers, as they are sometimes called, are used for making Charlotte Russes and a variety of fancy sweet dishes.

Time.—10 to 12 minutes. Average Cost, *9d.* Sufficient for 2 dozen cakes.

SAVOY CAKE.

Ingredients.—The weight of 4 eggs in castor sugar, the weight of 6 eggs in flour, 7 eggs, a little grated lemon-rind, or essence of almonds, or orange-flower water.

Method.—Break the 7 eggs, putting the yolks into one basin and the whites into another. Whisk the former, and mix with them the sugar, the grated lemon-rind, or any other flavouring to taste; beat them well together, and add the whites of the eggs whisked to a froth. Continue to beat the mixture for ¼ of an hour, take out the whisk, sieve in the flour and mix it in with a wooden spoon. Butter a mould, dust it out with sugar and flour, pour in the cake mixture, and bake it from 1¼ to 1½ hours. This is a very nice cake for dessert, and may be iced for a supper table, or cut into slices and spread with jam, to convert it into sandwiches.

Time.—1¼ to 1½ hours. Average Cost, 1*s.* Sufficient for 1 cake.

SAVOY PUDDING.

Ingredients.—6 ozs. of stale Savoy or sponge cake, 2 ozs. of butter warmed, about 2 ozs. of shredded mixed peel, 1 oz. of castor sugar, 3 eggs, about ¼ pint of boiling milk, ½ a glass of sherry or Marsala.

Method.—Pass the cake through a fine wire sieve, add to it all the ingredients except the whites of eggs, and beat well. Whisk the whites of eggs stiffly, stir them lightly in, and pour the mixture into a buttered piedish. Bake in a moderate oven for ½ an hour. Or, bake the mixture before adding the whites of eggs, which afterwards pile in a rocky form, dredge liberally with castor sugar, and bake until set and very lightly browned.

Time.—About 1 hour. Average Cost, 1*s.* 6*d.* Sufficient for 4 or 5 persons.

SAVOY, TO DRESS (*See* Recipes for Cooking Cabbage).

SAXON PUDDING.

Ingredients.—4 sponge cakes, 6 macaroons, 18 ratafias, 4 eggs, ½ pint of milk, ¼ pint of cream, 1 glass of sherry, 2 ozs. of almonds, a few glacé cherries, angelica, vanilla essence.

Method.—Blanch, peel, shred, and bake the almonds until nicely browned. Butter a plain charlotte mould, decorate the bottom with halves of cherries and strips of angelica, and sprinkle the sides thickly with the prepared almonds. Fill the mould with alternate layers of slices of sponge cake, pieces of macaroon and ratafias. Beat the eggs well, add the milk, cream, wine, and a few drops of vanilla. Pour this into the mould, cover with a buttered paper, and let the mixture stand for 1 hour. Then steam from 1½ to 1¾ hours, and serve with fruit syrup, German or other suitable sauce. This pudding is exceedingly nice cold, with whipped cream as an accompaniment.

TIME.—About 2½ hours. AVERAGE COST, 2*s.* SUFFICIENT for 5 or 6 persons.

SCALLOPS AND MUSHROOMS.

INGREDIENTS. — 6 scallops, 6 large flap mushrooms, 1 oz. of butter, 1 or 2 tablespoonfuls of white sauce, milk, salt and pepper.

METHOD.—Remove the scallops from their shells, and wash well in cold water. Put them into a stewpan with just sufficient milk to cover, add a little salt and pepper and simmer gently for about 50 minutes. Drain well, chop the yellow and white parts separately, moisten with a little white sauce, and season to taste. While the scallops are cooking, remove the stalks of the mushrooms, peel them, and fry them in hot butter. Place an equal portion of the white part of the scallops on each mushroom, pile the red part on the top, make thoroughly hot in the oven, and serve.

TIME.—About 1¼ hours. AVERAGE COST, 1*s.* to 1*s.* 6*d.* SUFFICIENT for 4 or 5 persons. SEASONABLE from January to June.

SCALLOPS, FRIED.

INGREDIENTS.—18 scallops, 1 egg, ½ oz. of butter, 2 ozs. of flour, 1 gill of milk, salt, pepper, and cayenne, frying-fat, parsley.

METHOD.—Drain the scallops on a cloth. Sift the flour into a basin, add a pinch of salt; melt the butter, beat up the egg, stir both into the flour, add the milk, and work until quite smooth. If too thick, a little more melted butter or milk may be added. Let the batter stand for an hour, then stir in a dessertspoonful of chopped parsley. Season the scallops with a little salt, a good pinch of white pepper, and a small pinch of cayenne. Dip them into the batter, drop them one by one into hot fat, fry to a golden-brown, drain on a cloth, pile up on a hot dish, garnish with fried parsley, and serve with lobster or tomato sauce.

TIME.—To fry, from 5 to 6 minutes. AVERAGE COST, 1*s.* 6*d.* SUFFICIENT for 8 or 9 persons. SEASONABLE from January to June.

SCALLOPS IN SHELLS.

INGREDIENTS.—1½ dozen of scallops, a cupful of breadcrumbs, 1 oz. of butter, 1 gill of white sauce, cayenne and salt, a little chopped parsley, and a squeeze of lemon.

METHOD.—Trim the scallops by cutting off the beards and black parts, cleanse 6 shells, butter them, and strew in a few breadcrumbs. Put 3 scallops in each, season them with the cayenne and chopped parsley, and a drop or two of lemon-juice. Put a little pepper and salt with the breadcrumbs, cover the scallops with white sauce, sprinkle with breadcrumbs, place little pieces of butter on the top, and bake for about 20 minutes.

TIME.—20 minutes. AVERAGE COST, 1*s.* 6*d.* to 2*s.* SUFFICIENT for 6 persons. SEASONABLE from January to June.

SCALLOPS, STEWED.

INGREDIENTS.—12 scallops, 1 oz. of butter, 1 oz. of flour, lemon-juice or vinegar, salt and pepper.

METHOD.—Open the shells like an oyster, remove the scallops, and trim away the beards and black parts. Wash well in 2 or 3 waters, then cover them with warm water, and boil gently from 50 to 60 minutes. Meanwhile, knead the flour and butter well together, mix in a little salt and pepper, separate into small pieces, and add them to the contents of the stewpan 20 minutes before serving. When ready, place the scallops on a hot dish, season the sauce to taste, add the lemon-juice or vinegar, and pour over the fish.

Time.—About 1 hour. Average Cost, 1*s*. 6*d*. to 2*s*. Sufficient for 4 persons. Seasonable from January to June.

SCHNAPPER, BAKED (Australian Recipe).

Ingredients.—1 schnapper, 1 tablespoonful of chopped mushroom, 1 teaspoonful of finely-chopped parsley, 1 saltspoonful of finely - chopped onion, browned crumbs, butter, salt, pepper, lemon-juice.

Method.—Wash, dry and fillet the fish; place the fillets on a well-greased baking dish or tin, and sprinkle them with lemon-juice. Mix the mushroom, parsley, and onion together, season liberally, and spread the mixture on the fish. Cover rather thickly with browned breadcrumbs, add a few bits of butter, and bake in a moderately hot oven from 20 to 30 minutes. The fish should be served on the dish on which it was baked.

Time.—To bake, from 20 to 30 minutes.

SCHNAPPER, WITH TOMATO SAUCE (Australian Recipe).

Ingredients.—1 schnapper, 1½ lbs. of tomatoes, 1½ ozs. of butter, 1½ ozs. of flour, sugar, salt, pepper.

Method.—Wash and dry the fish, bake it gently for about ½ an hour, and then remove the skin and fins. Meanwhile, pass the tomatoes through a fine sieve. Heat the butter in a stewpan, stir in the flour, add the tomato pulp, cook gently for 10 or 15 minutes, season liberally with salt and pepper, and add sugar to taste. Transfer the fish to a hot dish, pour the sauce over, and serve.

Time.—About 45 minutes.

SCOTCH BROTH.

Ingredients.—3 quarts of cold water, 3 lbs. of scrag end of mutton, 1 onion, 1 leek, 1 carrot, 1 turnip, a strip of celery, 1 dessertspoonful of finely-chopped parsley, 2 tablespoonfuls of Scotch barley, salt and pepper.

Method.—Cut the meat into small pieces, put them into a stewpan with the water and a teaspoonful of salt, and cook gently for 2 hours. Wash the barley, cut the vegetables into dice, add them to the broth, and cook for another hour, making 3 hours in all. Strain and return the broth to the stewpan. Cut the meat into small pieces, carefully remove any fragments of bone from the vegetables and barley, and add them to the broth. When quite hot, season to taste, and serve.

Time.—About 4 hours. Average Cost, about 2*s*. Sufficient for 6 or 8 persons. Seasonable in winter.

SCOTCH CAKES.

Ingredients.—3 lbs. of flour, 2 lbs. of butter, 1½ lbs. of brown sugar, ½ an oz. of caraway seeds, ½ oz. of cinnamon, ¼ lb. of citron-peel cut into small pieces.

Method.—Cream the butter and sugar, add the flour and flavouring, etc., and make up into rather a light paste; use a little milk if necessary. Bake in small buttered cake tins.

TIME.—10 to 15 minutes. AVERAGE COST, 3*s.* 6*d.* SUFFICIENT for 5 dozen small cakes.

SCOTCH HAGGIS.

INGREDIENTS.—A sheep's paunch and pluck, 1 lb. of finely-chopped beef suet, ½ pint of oatmeal, 2 finely-chopped Spanish onions, 2 tablespoonfuls of salt, 1 teaspoonful of pepper, ½ a nutmeg finely-grated, 1½ pints of good stock or gravy, the juice of 1 lemon.

METHOD.—Soak the paunch for several hours in salt and water, then turn it inside out and wash it thoroughly in several waters. Wash the pluck, cover the liver with cold water, boil it for 1½ hours, and at the end of ¾ of an hour add to it the heart and lights. Chop half the liver, chop the remainder and the heart and lights finely, mix all together, add the oatmeal, onions, salt, pepper, nutmeg, lemon-juice, and stock. Turn these ingredients into the paunch, sew up the opening, taking care that sufficient space is left for the oatmeal to swell: if the paunch be over-full, there is a possibility of its bursting. Put the haggis into boiling water, and cook gently for about 3 hours; during the first hour it should be occasionally pricked with a needle, to allow the air to escape. As a rule, neither sauce nor gravy is served with a haggis. When a small dish is required, a lamb's paunch and pluck may be substituted for those of the sheep's.

TIME.—To boil the haggis, 3 hours. AVERAGE COST, 2*s.* 9*d.* to 3*s.* 9*d.* SUFFICIENT for 8 or 9 persons.

SCOTCH KAIL.

INGREDIENTS.—3 quarts of cold water, 3 lbs. of mutton, 3 onions (cut into dice or cubes), 2 leeks when procurable, the hearts of 2 white cabbages, salt and pepper, 1 oz. of pearl-barley.

METHOD.—Keep the meat whole, and put it into a stewpan or earthenware stewpot with the water, onions, leeks, and a teaspoonful of salt, and cook gently for about 3 hours. Blanch the pearl-barley and add it when the meat has cooked for 1 hour. Wash the cabbages, shred them finely, and put them into the stewpot 1 hour before the meat is to be served. Take up the meat, cut some of it into small pieces, and place these in a soup tureen. Season the broth and serve.

TIME.—About 3½ hours. AVERAGE COST, 2*s.* 6*d.* to 2*s.* 9*d.* SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

Note.—Scotch Kail is the *Pot-au-feu* of Scotland, and like its Continental prototype may have the meat served separately, or in the broth. But it differs from *Pot-au-feu* in having only the green vegetables from which it derives the name of "kail."

SCOTCH STEW (Vegetarian Dish).

INGREDIENTS.—3 tablespoonfuls of pearl barley, ½ a small cabbage or 1 lettuce shredded, ½ a head of celery, 3 onions, 2 carrots, 1 turnip, all cut into large pieces, to which may be added other vegetables in season, salt and pepper to taste.

METHOD.—Blanch the pearl barley, cover it with fresh water, and simmer gently for ½ an hour. Place all the vegetables, except the cabbage or lettuce, in a stewpan, add the pearl barley and the water in which it was cooked, together with boiling water to barely cover the whole, and season to taste. Boil gently until the vegetables are nearly done, then add the shredded cabbage or lettuce, cook for 10 minutes longer, and serve.

Time.—About 3 hours. Average Cost, *7d.* or *8d.* Sufficient for 2 or 3 persons.

SCOTCH WOODCOCK.

Ingredients.—The yolks of 2 eggs, 1 gill of cream (or cream and milk in equal parts), anchovy paste, toast, butter, cayenne, salt.

Method.—Cut the toast into 2-inch squares, butter well, and spread them with anchovy paste. Season the yolks with a little cayenne and salt; when slightly beaten add them to the hot cream, stir over the fire until they thicken sufficiently, then pour the preparation over the toast, and serve as hot as possible.

Time.—10 minutes. Average Cost, 10*d.*, when cream is used. Sufficient for 5 persons. Seasonable at any time.

SCRAP CAKES.

Ingredients.—2 lbs. of flead, or the inside fat of a pig, 1½ lbs. of flour, ¼ lb. of moist sugar, ½ lb. of currants, 1 oz. of candied lemon-peel, ground allspice to taste. Water.

Method.—Cut the flead, or leaf, as it is more generally called, into small pieces, put it into a large dish, place it in a quick oven, taking care that it does not burn, and in a short time it will be reduced to oil with the small pieces of leaf floating on the surface; it is of these that the cake should be made. Gather all the scraps together, put them into a basin with the flour, and rub them well together. Add the currants, sugar, the candied peel cut into thin slices, and the ground allspice. When all these ingredients are well mixed, moisten with sufficient cold water to make the whole into a nice paste: roll it out thin, cut it into shapes, and bake the cakes in a quick oven from 15 to 20 minutes. These are very economical and wholesome cakes for children, and the lard, melted at home, produced from the flead, is generally better than the purchased article. To prevent the lard from burning, and to ensure its being of a good colour, it is better to melt it in a jar placed in a saucepan of boiling water, thus preventing its discolouring.

Time.—15 to 20 minutes. Average Cost, 1*s.* 10*d.*, for this quantity. Sufficient to make 3 or 4 dozen cakes.

SEA PIE.

Ingredients.—1 lb. of beefsteak, ¾ lb. of suet crust, 1 small onion, 1 carrot, pepper and salt.

Method.—Cut the steak into thin slices about 2 inches square, put them into a shallow stewpan, season with salt and pepper, barely cover the slices with boiling water, put on the lid, and simmer gently. Slice the carrot thinly, cut the onion into small pieces, and add them to the meat. Make the paste as directed, roll it into a round rather less than the top of the stewpan. Lay this on the top of the meat when it has simmered for ½ an hour, replace the lid, and continue the cooking for 1½ hours longer. When the pie is done, cut the paste into 4 pieces, and remove them carefully from the stewpan to a plate; arrange the meat and vegetables neatly on a hot dish, and place the crust on the top.

Time.—About 2½ hours. Average Cost, 1*s.* 4*d.* to 1*s.* 6*d.* Sufficient for 4 persons.

SEA-BREAM, BAKED.

Ingredients.—1 bream, seasoning to taste of salt, pepper, and cayenne, ¼ lb. of butter.

Method.—Well wash the bream, but do not remove the scales, and wipe away all moisture with a dry cloth. Season it inside and out with salt, pepper, and cayenne, and lay it in a baking-dish. Place the butter, in small pieces, upon the fish, and bake for rather more than 30 minutes. It will be found a great improvement to stuff the fish before baking.

Time.—Rather more than 30 minutes. Average Cost, 4*d.* to 6*d.* per lb. Seasonable in summer, but may be procured all the year round.

Note.—This fish may be broiled over a nice, clear fire, and served with a good brown gravy or white sauce, or it may be stewed in wine.

SEA-KALE, BOILED.

Ingredients.—To each ½-gallon of water allow 1 heaped tablespoonful of salt.

Method.—Well wash the kale, cut away any worm-eaten pieces, and tie it into small bunches. Put it into boiling water, salted in the above proportion, and let it boil quickly until tender. Take it out, drain, untie the bunches, and serve with plain melted butter or white sauce, a little of which may be poured over the kale. Sea-kale may also be parboiled and stewed in good brown gravy; it will then take about ½ an hour altogether.

Time.—25 minutes. When liked very thoroughly done, allow an extra 5 minutes. Average Cost, in full season, 9*d* per basket. Sufficient, 12 heads for 4 or 5 persons. Seasonable from February to June.

SEED BUNS.

Ingredients.—4 eggs, 4 teacupfuls of sugar, 2 teacupfuls of butter, 1 teacupful of milk, 1 tablespoonful of caraway seeds, ½ a teaspoonful of carbonate of soda, ¾ lb. of flour.

Method.—Beat the butter and sugar well together, add the eggs by degrees, then the flour, until a paste thick enough to roll out is made. Make into small cakes, and bake in a quick oven.

Time.—10 to 15 minutes. Average Cost, 1*s.* Sufficient for 3 to 3½ dozen small cakes or buns.

SEED CAKE, COMMON.

Ingredients.—½ a quartern of dough, ¼ lb. of good dripping, 10 ozs. of moist sugar, ½ oz. of caraway seeds, 1 egg.

Method.—If the dough is sent from the baker's, put it in a basin covered with a cloth, and set it in a warm place to rise. Then spread it out over the board, add the fat, egg and sugar, and rub together the ingredients until they are thoroughly mixed. Put the mixture into a buttered tin, and bake the cake for rather more than 2 hours.

Time.—Rather more than 2 hours. Average Cost, 9*d.* Sufficient for 1 large cake.

SEED CAKE, RICH.

Ingredients.—¾ lb. of butter, 6 eggs, ¾ lb. of castor sugar, pounded mace and grated nutmeg to taste, 1 lb. of flour, ¾ oz. of caraway seeds.

Method.—Beat the butter to a cream, add the sugar, mace, nutmeg, and caraway seeds, and beat these ingredients well together. Whisk the eggs and beat them gradually into the mixture; then mix in the flour, using a little milk if necessary, to bring it to cake-batter consistency. Put it into a tin lined with buttered paper, and bake it from 1½ to 2 hours in a moderate oven. This cake would be equally nice made with currants, omitting the caraway seeds.

Time.—1½ to 2 hours. Average Cost, 2*s.* Sufficient for 1 cake.

SEER OR SEIR-FISH, TO COOK (Indian Dish).

This fish inhabits the seas of the West Indies, and is one of the most valuable products of those parts. In size and form it is not unlike the salmon, but its flesh is white, although similar in point of firmness and flavour. Many of the recipes for cooking salmon which are included in the section devoted exclusively to fish, are applicable to the dressing of seer.

SEMOLINA CREAM (Invalid Cookery).

INGREDIENTS.—1 oz. of semolina, 1¼ pints of milk, ½ oz. of gelatine, sugar and flavouring to taste.

METHOD.—Soak the semolina in a ¼ pint of milk for 1 hour, then put it into a stewpan with another ½ pint of milk, and simmer gently for about ½ an hour. Boil the remaining ½ pint of milk, pour it over the gelatine, and stir until it is dissolved. Mix this with the semolina, sweeten and flavour to taste, stir until the cream is beginning to set, and pour into a wet mould. Turn out when set.

TIME.—2 hours. AVERAGE COST, 4½*d*.

SEMOLINA PUDDING.

INGREDIENTS.—1½ pints of milk, 3 to 4 tablespoonfuls of semolina, 1 tablespoonful of moist sugar, 2 eggs, bay-leaf or other flavouring, salt.

METHOD.—Put the milk, with a good pinch of salt and the bay-leaf, into a stewpan; when boiling, sprinkle in the semolina and cook gently for 10 minutes, stirring meanwhile. Cool slightly, remove the bay-leaf, stir in the sugar, yolks of the eggs, and lastly the stiffly-whisked whites of the eggs. Turn into a buttered piedish, and bake gently from 25 to 30 minutes.

TIME.—About 1 hour. AVERAGE COST, 7*d*. SUFFICIENT for 5 or 6 persons.

Note.—In place of bay-leaf, lemon-rind or cinnamon may be used.

SEMOLINA, SAVOURY (Vegetarian Dish).

INGREDIENTS.—4 ozs. of semolina 2 ozs. of grated cheese, 2 ozs. of butter, 1 teaspoonful of made mustard, pepper and salt, cayenne, breadcrumbs, 1 quart of milk.

METHOD.—Boil up the milk, sprinkle in the semolina, stir and cook for 15 minutes, then add the cheese, butter, mustard, and pepper, salt and cayenne to taste. Turn into a buttered gratin dish, or several china scallop shells, sprinkle liberally with breadcrumbs and cheese, and add a few very small pieces of butter. Brown in a hot oven, and serve.

TIME.—About ½ an hour. AVERAGE COST, 9*d*. to 10*d*. SUFFICIENT for 3 or 4 persons.

SEMOLINA SOUFFLÉ.

INGREDIENTS.—1½ ozs. of semolina, 1 oz. of castor sugar, ½ pint of milk, 3 whites of eggs, 2 yolks of eggs, the rind of ½ a lemon.

METHOD.—Simmer the lemon-rind and milk together for a few minutes, then add the sugar, sprinkle in the semolina, and cook until it thickens. Remove the lemon-rind, let the mixture cool slightly, beat in the yolks of eggs, and stir in lightly the stiffly-whisked whites. Pour into a well-buttered mould, and steam gently for about 1 hour. Serve with jam or custard sauce.

TIME.—About 1½ hours. AVERAGE COST, 5*d*., exclusive of the sauce. SUFFICIENT for 3 or 4 persons.

SEMOLINA SOUP.

INGREDIENTS.—3 pints of consommé (*see* Clear Soup), 1½ ozs. of semolina, salt and pepper.

METHOD.—Boil up the stock, and sprinkle in the semolina. Cook gently for 20 minutes, stirring almost continuously, then season to taste, and serve.

TIME.—About 30 minutes. AVERAGE COST, 2*s*. 3*d*. SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

SHAD, BAKED.

INGREDIENTS.—1 shad, 2 or 3 slices of bacon, 3 or 4 ozs. of veal forcemeat.

METHOD.—Wash, clean, scale, and dry the fish. Make the forcemeat as directed, put it inside the fish, and sew up the opening. Place the fish in a baking-dish or tin, lay the slices of bacon on the top of it, and bake gently from ¾ to 1 hour. Serve with a suitable fish sauce, or a tureen of good beef gravy.

TIME.—About 1¼ hours, altogether. AVERAGE COST, 2*s*. 3*d*. SUFFICIENT for 5 or 6 persons. SEASONABLE from April to June.

SHAD, BOILED, WITH DUTCH SAUCE.

INGREDIENTS.—Shad, salt and water, Hollandaise sauce.

METHOD.—Clean the fish, but do not scale it; boil in salt and water, and serve garnished with fresh parsley and cut lemon. Send a boat of the sauce to table with the fish.

TIME.—From 30 to 40 minutes. AVERAGE COST, 2*s*. to 2*s*. 6*d*. SUFFICIENT for 8 persons. SEASONABLE from April to June.

SHAD, BROILED.

INGREDIENTS.—1 shad, oil, pepper and salt.

METHOD.—Scale, empty, and wash the fish carefully, and make 2 or 3 incisions across the back. Season it with pepper and salt, and let it remain in oil for 30 minutes. Broil it on both sides over a clear fire, and serve with caper sauce. The fish is much esteemed by the French.

TIME.—Nearly 1 hour. AVERAGE COST, from 6*d*. per lb. SEASONABLE from April to June.

SHAD, FRIED.

INGREDIENTS.—1 medium-sized shad, flour, salt and pepper, egg and breadcrumbs, frying-fat, anchovy, tomato, or piquant sauce.

METHOD.—Wash and scale the fish, separate it from the backbone, and divide into neat fillets. Add a little salt and pepper to 1 tablespoonful of flour, dip the fillets in the mixture, and afterwards coat the fillets carefully with egg and breadcrumbs. Have ready a deep pan of hot fat, fry the fish until lightly browned, then drain well. Garnish with crisply-fried parsley, and the roe, previously fried. Serve the sauce separately in a tureen.

TIME.—To fry, about 10 minutes. AVERAGE COST, 1*s*. 6*d*. SUFFICIENT for 4 or 5 persons. SEASONABLE from February to September.

SHALLOT OR ESCHALOT.

This root is a native of Palestine, and was introduced into England by the Crusaders. It derives its botanical name, *Allium Ascalonicum*, from Ascalon, in the vicinity of which place it was found growing wild. The shallot has a bulbous root, made up of a number of smaller bulbs, called cloves. It is more pungent than garlic, but its flavour is more delicate, and more palatable to those unaccustomed to the use of garlic. The shallot is more pronounced in taste than the onion, but does not leave so strong an odour on the palate, and for this reason it is often employed instead of the onion for flavouring culinary preparations, sauces, and vinegars, and more especially for salads eaten in a raw state. Shallots are in best condition in July, August, and September, but may be kept for a great length of time if hung in nets in a cool dry place.

SHALLOT SAUCE.

INGREDIENTS.—$\frac{1}{3}$ pint of good, brown gravy, $\frac{1}{2}$ oz. of butter, 1 teaspoonful of lemon-juice, $\frac{1}{2}$ a teaspoonful of chopped parsley, 6 shallots finely chopped.

METHOD.—Melt the butter, fry the shallots until lightly browned, and add the hot gravy and the rest of the ingredients. Simmer gently for 15 minutes, and serve.

TIME.—About 20 minutes. AVERAGE COST, 2½*d.*, in addition to the stock.

SHANDY GAFF.

INGREDIENTS.—Equal quantities of good ale and ginger beer, with a dash of liqueur, if liked, ice.

METHOD.—Empty the bottles into a jug in which some lumps of ice have been broken, add the liqueur and serve when quite cold.

SHARP OR PIQUANT SAUCE.

INGREDIENTS. — Four shallots, chopped finely, 3 gherkins chopped 1 tablespoonful of chopped capers, 1 gill of vinegar, 1 bay-leaf, 1 sprig of thyme, $\frac{3}{4}$ pint of Espagnole sauce.

METHOD.—Put the shallots in a stewpan with the vinegar, bay-leaf, and thyme, cover and reduce to half quantity. Strain into another stewpan, add the gherkins, capers, and sauce, boil for a few minutes.

TIME.—From 20 to 25 minutes. AVERAGE COST, 1*s.* 2*d.*

SHARP SAUCE (For Vegetarian Dish).

INGREDIENTS.—Salad-oil, 1 onion, 1 tomato, 3 mushrooms, 1 oz. of flour, $\frac{3}{4}$ pint of water, vinegar, sweet herbs, pepper and salt, nutmeg.

METHOD.—Put in a saucepan 2 tablespoonfuls of oil with the onion, tomato, and mushrooms, all very finely chopped. When nicely browned add the flour, and let it brown also: then $\frac{3}{4}$ pint of water or vegetable stock, and stir the mixture till it boils. Put in 2 tablespoonfuls of vinegar and a few sweet herbs. Simmer for a few minutes; strain and serve.

TIME.—About 20 minutes. AVERAGE COST, 3*d.*

SHEEP'S BRAINS WITH PARSLEY SAUCE.

INGREDIENTS.—6 sheep's brains, 1 pint of white stock, 2 ozs. of butter, 1½ ozs. of flour, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of lemon-juice, $\frac{1}{2}$ a small onion, 1 small carrot, 1 bay-leaf, salt and pepper.

METHOD.—Soak the brains in salt and water for 2 hours, then remove the skin and fibres, cover them with boiling water, and boil for 3 minutes. Replace the brains in fresh cold water, let them remain until cold, then put them into the boiling stock, add the onion and carrot sliced, bay-leaf, salt and pepper to taste, and simmer gently for 20 minutes. Meanwhile, melt the butter in a stewpan, add the flour, and cook these for 3 or 4 minutes without browning. Drain the brains, and strain the stock on to the flour and butter, stir until boiling, simmer for 10 minutes, add the lemon-juice, and seasoning to taste. Re-heat the brains in the sauce, and just before serving add the lemon-juice.

Time.—About ½ an hour after the brains are blanched. Average Cost, 1*s*. 9*d*. to 2*s*. Sufficient for 5 or 6 persons.

SHEEP'S HEAD BROTH.

Ingredients.—3 quarts of water, 1 sheep's head, 2 carrots, 2 onions, 1 turnip, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), salt, 1 tablespoonful of rice.

Method.—Remove the brains and tongue, and soak the head in salt and water for 12 hours, changing the water repeatedly. Put it into a large saucepan with a good handful of salt, cover with water, bring to the boil, strain and wash well. Return it to the saucepan, add the water, and bring to the boil, skim thoroughly, add a teaspoonful of salt, then simmer for 3 hours. Meanwhile, cut the vegetables into dice, and now add them and the rice to the broth. Continue the cooking for another hour, then take up the head, cut the meat into dice, and return it to the broth and simmer for a few minutes. Take out the herbs, add seasoning to taste, and serve.

The brains can be used for brain cakes, and the tongue cooked and served separately. Only a small portion of the head need be served in the broth; the rest could be served separately, garnished with the tongue, and covered with brain sauce.

Time.—About 4 hours. Average Cost, 1*s*. to 1*s*. 2*d*. Seasonable at any time, particularly in winter. Sufficient for 5 or 6 persons.

SHEEP'S HEART.

Ingredients.—1 sheep's heart, veal forcemeat, dripping for basting.

Method.—Soak the heart for 1 hour in warm water. Cut off the deaf ears, any cartilage or gristle there may be, and the muscular wall dividing the cavities of the heart, and boil them down for gravy. Dry the heart thoroughly, fill the inside with forcemeat, and tie a greased paper round the base to keep in the forcemeat. Heat 2 or 3 ozs. of dripping in a baking-tin, baste the heart well, and bake in a moderate oven for about 1¼ hours. Gentle cooking and frequent basting are necessary to prevent the heart becoming dry and hard. When done, drain off the fat, but leave the sediment, pour in the prepared gravy, boil up, season to taste, and either pour over the heart or serve separately. The excellence of this dish depends mainly on its being served as hot as possible.

Time.—To bake, about 1 hour. Average Cost, 9*d*. to 1*s*. Sufficient for 2 persons.

Note.—Sheep's hearts may also be stuffed with onion farce (*see* Bullock's Heart); if more convenient, they may be cooked in an iron saucepan over or by the side of the fire, care being taken to baste them liberally with dripping all the time.

SHEEP'S TAILS.

Sheep's tails may be dressed as directed in the recipes for Sheep's Tongues, Braised, and Sheep's Tongues, Fried. Instead of being braised, they may be stewed in good stock until tender, and served with a vegetable garnish and brown sauce.

SHEEP'S TONGUES, BRAISED.

Ingredients.—4 sheep's tongues, ¾ pint of brown sauce, glaze. For the mirepoix or foundation: 1 oz. of butter, 1 or 2 slices of bacon, 1 onion, 1 carrot, ½ a turnip, 1 or 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, ½ a pint of stock.

Method.—Soak the tongues in salt and water for 2 hours, blanch and dry them thoroughly. Slice the vegetables, put them into a stewpan with the butter, bouquet-garni, and peppercorns, lay the tongues on the top, put on the lid, and cook gently for 20 minutes. Then add hot stock to nearly cover the vegetables, lay the bacon on the top of the tongues, cover with a greased paper, put on the lid, and cook gently for 2½ hours, or until the tongues are tender. When ready, skin them, slit them in halves lengthwise, brush over with warm glaze, place them on a buttered paper on a baking-sheet, and put them into a moderate oven for a few minutes to re-heat. Dish in 2 rows on a bed of mashed potato, or a purée of spinach, pour a little hot sauce round, and serve the remainder in a sauce-boat.

Time.—About 3 hours. Average Cost, 1*s.* 10*d.* to 2*s.* 2*d.* Sufficient for 5 or 6 persons.

SHEEP'S TONGUES, FRIED.

Ingredients.—4 sheep's tongues, ⅓ pint of tomato or piquant sauce, 3 ozs. of butter, breadcrumbs, mirepoix of vegetables, as in preceding recipe.

Method.—Braise the tongues as directed in the preceding recipe. Warm the butter, dip each half tongue in it, and coat these with breadcrumbs, pressing them firmly on with a knife. Turn the butter into a sauté-pan, and fry the tongues until the entire surface is lightly browned. Dish on a bed of spinach or green-pea purée, and serve the sauce round the base of the dish.

Time.—About 3 hours. Average Cost, 4*d.* each. Sufficient for 5 or 6 persons.

SHEEP'S TONGUES (Preserved Meat).

Ingredients.—1 tin of sheep's tongues, 1 egg, breadcrumbs, frying-fat, salt and pepper, tomato, piquant, or brown sauce.

Method.—Turn the tongues carefully out of the tin, remove the jelly, split each tongue in half lengthwise, and take off the skin. Coat with egg and well-seasoned breadcrumbs, fry in hot fat until well browned, and serve with a little of the sauce poured round, and the remainder in a sauce-boat.

Time.—About ½ an hour. Average Cost, 1*s.* 4*d.* Sufficient for 5 or 6 persons.

SHEEP'S TROTTERS, STEWED.

Ingredients.—2 gangs (8) of dressed trotters, 1 small onion, 1 tablespoonful of flour, milk, salt and pepper.

Method.—Wash the trotters, put them into a stewpan, cover them with milk and water in equal proportions, add the onion sliced, season with salt and pepper, cover, and cook gently for about 3 hours, or until the bones may be easily removed. Take away the bones, strain the liquor if necessary, add milk to increase the quantity to ¾ pint, return it to the stewpan, and re-heat. Mix the flour smoothly with a little milk, pour it into the stewpan, stir until boiling, simmer for 10 minutes, and season to taste. Replace the trotters, and when thoroughly hot, serve.

Time.—From 3 to 3½ hours. Average Cost, 1*s.* 2*d.* to 1*s.* 6*d.* Sufficient for 2 or 3 persons.

Note.—Sheep's trotters may also be boiled in stock or water until the bones are easily removed, and afterwards marinaded and fried in batter. Or they may be stuffed with sausage meat or veal forcemeat, and either coated with egg and breadcrumbs, or dipped into batter and fried in hot fat. (*See* recipes for cooking calf's feet and cow heel.)

SHEPHERD'S PIE.

Ingredients.—½ lb. of cold mutton, 1 lb. of mashed potato, 1 oz. of butter or dripping, ½ pint of gravy or stock, 1 teaspoonful of parboiled and finely-chopped onion, salt and pepper.

Method.—Cut the meat into small thin slices. Melt half the butter or fat in a stewpan, add to it the potato, salt and pepper, and stir over the fire until thoroughly mixed. Grease a piedish, line the bottom thinly with potato, put in the meat, sprinkle each layer with onion, salt and pepper, pour in the gravy, and cover with potato. The potato covering may be given a rough appearance by scoring it in every direction with a fork, or it may be made to resemble an ordinary crust by being smoothed over with a knife, notched at the edges, and brushed over with the yolk of egg before baking. When egg is not used for this purpose, the remainder of the butter or fat must be put on the top of the pie in small pieces. Bake in a moderate oven until the surface is well-browned.

Time.—To bake, from 30 to 40 minutes. Average Cost, 10*d.* to 1*s.* Sufficient for 3 or 4 persons.

SHEPHERD'S PIE (Preserved Meat).

Ingredients.—½ lb. of beef or mutton, 1 lb. of mashed potato, 1 oz. of butter or dripping, ½ pint of gravy or stock, 1 teaspoonful of parboiled and finely-chopped onion, salt and pepper.

Method.—Cut the meat into small thin slices. Melt half the butter or fat in a stewpan, add to it the potato, salt and pepper, and stir over the fire until thoroughly mixed. Place on the bottom of a greased piedish a thin layer of potato, put in the meat, sprinkle each layer with onion, salt and pepper, pour in the gravy, and cover with potato. The potato covering may be roughed with a fork or smoothed over with a knife: the latter method produces an appearance similar to that of ordinary crust. Before baking, the remainder of the fat or butter should be put on the top of the pie in small pieces, or when economy is not an object, the appearance of the pie may be improved by brushing it over with yolk of egg. Bake until the crust is well browned.

Time.—About ½ an hour. Average Cost, 6*d.* Sufficient for 2 persons.

SHORTBREAD, SCOTCH.

Ingredients.—2 lbs. of flour, ¼ lb. of cornflour, or ground rice, 1 lb. of butter, ¼ lb. of castor sugar, 1 oz. of sweet almonds, a few strips of candied orange-peel.

Method.—Beat the butter to a cream, gradually dredge in the flour, and add the sugar and sweet almonds, which should be blanched and cut into small pieces. Work the paste until it is quite smooth, and divide it into 6 pieces. Put each cake on a separate piece of paper, roll the paste out square to the thickness of about 1 inch, and pinch it round the edges. Prick it well with a skewer, and ornament with 1 or 2 strips of candied orange-peel. Put the cakes into a moderately-heated oven, and bake from 25 to 30 minutes.

Time.—25 to 30 minutes. Average Cost, for this quantity, 2*s.* Sufficient to make 6 cakes.

SHRIMPS, POTTED.

Ingredients.—1 pint of shelled shrimps, ¼ lb. of fresh butter, 1 blade of pounded mace, cayenne to taste, and, if liked, a little nutmeg.

METHOD.—Have ready 1 pint of picked shrimps, put them, with the other ingredients, into a stewpan, let them heat gradually in the butter, but do not let it boil. Pour into small pots, and, when cold, cover with melted butter, and carefully exclude the air.

TIME.—¼ of an hour, to soak in the butter. AVERAGE COST, 1*s.* 6*d.*

SHRUB.

INGREDIENTS.—½ gallon of rum, ¾ pint of orange-juice, ½ pint of lemon-juice, the peel of 2 lemons, 2 lbs. of loaf sugar, 2½ pints of water.

METHOD.—Slice the lemon-peel very thinly, and put it, with the fruit juice and spirit, in a large covered jar. Let it stand for two days, then pour over it the water in which the sugar has been dissolved, take out the lemon-peel, and leave it for 12 days before using.

SHRIMP SALAD.

INGREDIENTS.—1 pint of picked shrimps, 2 or 3 tablespoonfuls of mayonnaise sauce, sliced cucumber, shredded lettuce.

METHOD.—Stir the sauce into the shrimps, put the mixture in a salad-bowl or dish, garnish with cucumber and lettuce, then serve.

SHRIMP SAUCE.

INGREDIENTS.—½ pint of white sauce, ¼ pint of picked shrimps, 1 teaspoonful of anchovy essence, a few drops of lemon-juice, cayenne.

METHOD.—The fish stock required for the white sauce may be obtained by simmering the shrimp shells in milk and water. Add the shrimps, anchovy essence, lemon-juice, and cayenne to the hot sauce. Cover the saucepan, and let it stand for a few minutes where the contents cannot boil, then serve.

TIME.—Altogether about 40 minutes. AVERAGE COST, 8*d.*

SHRIMP TOAST.

INGREDIENTS.—¼ pint of picked shrimps, anchovy paste, ½ oz. of butter, 1 egg, 1 tablespoonful of milk, salt, cayenne, 8 croûtes of buttered toast.

METHOD.—Melt the butter in a stewpan, put in the shrimps, and when hot add the eggs and milk, previously beaten together, salt and cayenne to taste, and stir by the side of the fire until the mixture thickens. Meanwhile, spread the toast lightly with anchovy paste, and now add the shrimp preparation, and serve as hot as possible.

TIME.—20 minutes. AVERAGE COST, 9*d.* SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

SHRIMPS AND PRAWNS, TO SHELL.

There is a slight difference in the shape of shrimps and prawns, the tail of the former being rounded at the bend, like that of a lobster, but the tail of the prawn presents a sort of knee or angle. To shell a shrimp, take the head between the right thumb and forefinger, and with the left forefinger and thumb-nail raise on each side the shell of the tail, pinch the tail, and the shell will at once separate. To shell prawns, take the head between the right hand thumb and second finger, take the tip of the tail between the left thumb and forefinger; with the nail of the right forefinger raise the shell at the knee or angle, pinch the tail,

ROLLS AND CAKES.

1. Scones. 2. Queen Cakes. 3. Milk Rolls.

ICES. No. 2.

1. Ice Pudding. 2. Dessert Ices.

and the shell will come apart, leaving the prawn attached to the head.

SHRIMPS, CURRIED.

Ingredients.—¼ pint of shelled shrimps, 1 oz. of butter, 1 finely-chopped shallot, ½ gill of cream, ½ gill of stock, 1 teaspoonful of curry-powder, ½ a teaspoonful of lemon-juice.

Method.—Cut the shrimps across in halves. Fry the shallot slightly in butter, add the curry-powder, and cook it for 3 minutes, then pour in the stock and stir until it boils. Let it simmer very gently for 15 minutes, put in the shrimps, cream, lemon-juice, and add the necessary seasoning. Make thoroughly hot, and serve in china ramakin cases.

Time.—Half an hour. Average Cost, 9*d.* Sufficient for 5 or 6 persons. Seasonable at any time.

SIRLOIN, ROAST (*See* Beef, Roast).

SKATE, BOILED.

Ingredients.—1 skate, salt.

Method.—Clean and skin the skate, put it into a fish-kettle containing sufficient salted warm water to just cover it, and simmer gently for about 30 minutes, or until the fish separates readily from the bone. Drain well, dish on a folded napkin, and serve with shrimp, lobster, or caper sauce.

Time.—From 30 to 50 minutes, according to size. Average Cost, from 4*d.* to 6*d.* per lb. Seasonable from August to April.

SKATE, SMALL, FRIED.

Ingredients.—Skate, sufficient vinegar to cover them, salt and pepper to taste, 1 sliced onion, a small bunch of parsley, the juice of ½ a lemon, frying-fat.

Method.—Cleanse the skate, lay them in a dish, with vinegar to cover them, add the salt, pepper, onion, parsley, and lemon-juice, and let the fish remain in this pickle for 1½ hours. Drain them well, flour them or cover them with egg and breadcrumbs, and fry in hot fat until nicely browned. They may be served either with or without sauce. Skate is not good if dressed too fresh, unless it is crimped, and it should, therefore, be kept for a day.

Time.—10 minutes. Average Cost, from 4*d.* per lb. Seasonable from August to April.

SKATE SOUP.

Ingredients.—1 skate, weighing from 1½ to 2 lbs., 1 onion sliced, 1 strip of celery in small pieces, 1 bay-leaf, 2 ozs. of vermicelli, 2 yolks of eggs, ¼ pint of cream, salt and pepper, 3 pints of water.

Method.—Clean the skate thoroughly, and let it hang at least a day, and in cold weather even longer. When ready to use, remove the skin, divide the flesh into fillets, which put aside. Put the bones and trimmings into a saucepan, add the water, onion, celery, bay-leaf, white pepper or peppercorns, and a little salt, and simmer gently for 1 hour. Strain, return the stock to the saucepan, bring to the boil, and add the fillets of fish. Continue to cook slowly for 10 minutes, then sprinkle in the vermicelli, and after 5 minutes further cooking, add the yolks of eggs and cream previously well beaten together. Stir and cook gently until the soup thickens slightly, then season to taste, and serve.

Time.—About 1½ hours. Average Cost, 1*s.* 9*d.* to 2*s.* Sufficient for 6 persons. Seasonable in winter.

SKATE WITH BROWN BUTTER.

Proceed as directed in the recipe for Skate Boiled, and serve on a hot dish without a napkin. Meanwhile, heat 1 oz. of fresh butter until it becomes nut-brown in colour, then add a teaspoonful of vinegar and a little chopped parsley. Pour this hot over the fish, garnish with sprigs of parsley, and serve.

SLAW, COLD (American Recipe).

INGREDIENTS.—1 tender cabbage, 1 egg, ½ oz. of butter, ¼ pint of vinegar, 1 tablespoonful of flour, 1 teaspoonful of celery seed, salt.

METHOD. — Shred the cabbage finely, rejecting the stalk and outer leaves. Warm the vinegar and butter in an enamelled pan, put in the cabbage, sprinkle over it the celery seed, flour, and a good pinch of salt, and cook gently for a few minutes. Beat the egg lightly, add it to the contents of the pan, and stir and cook for 3 or 4 minutes. Serve cold.

TIME.—About 30 minutes. AVERAGE COST, 6*d*. to 8*d*. SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

SLAW, HOT (American Recipe).

INGREDIENTS.—1 young cabbage, 1 egg, 1 oz. of butter, ¼ pint of sour cream, salt and pepper.

METHOD. — Remove the outer leaves and heart of the cabbage, and shred the remainder as finely as possible. Melt the butter in a frying-pan, add 2 or 3 tablespoonfuls of boiling water, and put in the cabbage. Season to taste with salt and pepper, cook gently until the cabbage is tender, then add the egg previously well-beaten. Stir and cook slowly for 3 or 4 minutes, then add the cream, make thoroughly hot, and serve.

TIME.—About 20 minutes. AVERAGE COST, 10*d*. to 1*s*. SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

SLOE GIN.

INGREDIENTS.—Sloes, good unsweetened gin, loaf sugar.

METHOD. — Fill a wide-necked bottle with sloes, pour over them as much gin as the bottle will hold, then cork securely, and allow the ingredients to stand for 10 days. Strain off the liquid, remove the fruit, replace with fresh sloes, and pour on the gin, adding more spirit if necessary. Let it stand for 10 days longer, then strain, add from 4 to 5 ozs. of sugar to each pint of liqueur, and bottle for use.

SMELTS, TO BAKE.

INGREDIENTS.—12 smelts, breadcrumbs, 2 ozs. of fresh butter, salt and cayenne to taste.

METHOD.—Wash and dry the fish thoroughly in a cloth, and arrange them nicely in a flat baking-dish. Cover them with fine breadcrumbs, and place over them little pieces of butter. Season and bake for 15 minutes. Just before serving, add a squeeze of lemon-juice, and garnish with fried parsley and cut lemon.

TIME.—15 minutes. AVERAGE COST, from 1*s*. to 2*s*. per dozen. SUFFICIENT for 4 persons. SEASONABLE from October to May.

SMELTS, TO FRY.

INGREDIENTS.—Smelts, egg and breadcrumbs, a little flour, boiling fat or oil.

METHOD.—Smelts should be very fresh, and not washed more than is necessary to cleanse them. Dry them in a cloth, flour lightly, dip them in egg, cover with very fine breadcrumbs, and put them into boiling fat or oil. Fry a nice pale brown, then drain the smelts before the fire on a piece of paper, and serve with plain melted butter. This fish is often used as a garnish.

TIME.—5 minutes. AVERAGE COST, from 1*s.* to 2*s.* per dozen. SEASONABLE from October to May.

SNIPE, ROASTED.

INGREDIENTS. — Snipe, toast, bacon, good gravy, watercress, butter for basting.

METHOD.—These birds, like the ortolan, plover, and woodcock, are dressed without being drawn. They are trussed in the same way as other birds for roasting, but the head is skinned and left on, the long beak of the bird being passed through the legs and body instead of a skewer. Brush them over with warm butter, tie a thin slice of fat bacon over each breast, and hang them on the spit feet downwards. Put the toast under them to catch the drippings from the trail, baste frequently with butter, and roast them for about 15 minutes, or less if preferred very much underdone. Dish on the toast, garnish with watercress, and serve the gravy in a sauce-boat.

TIME.—About 15 minutes. AVERAGE COST, 2*s.* 6*d.* to 3*s.* 6*d.* the brace. SEASONABLE from November to February.

SNOW CAKE.

INGREDIENTS.—½ lb. of arrowroot, or best cornflour, ¼ lb. of pulverized sugar, ¼ lb. of fresh or washed salt butter, 1 egg and the whites of 2, the juice of 1 lemon.

METHOD.—Beat the butter to a cream, add the egg, previously well beaten, then tne other ingredients ; if the mixture is not sufficiently light, add another egg, and beat for ¼ of an hour, until it turns white and light. Line a flat tin with raised edges with a sheet of buttered paper, pour in the cake, and put it into the oven. It must be rather slow, and the cake must not be allowed to brown at all. If the oven is properly heated, 1 to 1¼ hours will be found long enough to bake the cake. Let it cool, then with a clean, sharp knife cut it into small square pieces, which should be gently removed to a large flat dish to get cool before putting away. This cake will keep for several weeks.

TIME.—1 to 1¼ hours. AVERAGE COST, 1*s.* SUFFICIENT for 1 cake.

SNOW PUDDING (*See* Lemon Sponge).

The preparation should be moulded until set, and served with boiled custard.

SNOWDON PUDDING.

INGREDIENTS.—4 ozs. of finely-chopped beef suet, 4 ozs. of breadcrumbs, 4 ozs. of castor sugar, 4 ozs. of raisins stoned and halved, 1 oz. of glacé cherries halved, 1 oz. of ground rice, 2 eggs, ½ gill of milk, the grated rind of 1 lemon, 2 tablespoonfuls of apricot marmalade or jam, ½ a teaspoonful of ground cinnamon, salt.

METHOD.—Decorate the bottom and sides of a well-buttered mould or basin with some of the halved cherries and raisins. Put the remainder into a basin, add the suet, breadcrumbs, sugar, ground rice, lemon-rind, cinnamon, and a good pinch of salt. Beat the eggs, stir in the milk and marmalade, and when well mixed, add them to the dry ingredients and beat well. Pour the mixture into the prepared mould, cover with a buttered paper, and steam from 1¼ to 1½ hours. Serve with fruit syrup or suitable sweet sauce.

TIME.—About 2 hours. AVERAGE COST, 1*s*. SUFFICIENT for 5 or 6 persons.

SODA BISCUITS.

INGREDIENTS.—1 lb. of flour, ½ lb. of castor sugar, ¼ lb. of fresh butter, 2 eggs, 1 small teaspoonful of carbonate of soda.

METHOD.—Put the flour into a clean basin, rub in the butter and sugar, make a hole in the centre, break the eggs and beat them up well with a wire egg-whisk, dissolve the soda in a little water, turn all the ingredients together into the hole, and wet up into rather a soft paste, using a little milk if necessary. Turn out on to the board, flour over, and roll down in sheets about ¼ of an inch thick, cut out with a small plain round cutter, set on to clean greased baking-plates, and bake in a warm oven.

TIME.—12 to 18 minutes. AVERAGE COST, 10*d*. SUFFICIENT to make about 3 dozen cakes.

SODA CAKE.

INGREDIENTS.—1 lb. of flour, ¼ lb. of butter, ½ lb. of castor sugar, ½ lb. of currants, 1 egg, a gill of butter-milk, 1 teaspoonful of carbonate of soda, mace and nutmeg to taste.

METHOD.—Rub the butter into the flour, add the sugar, currants, and flavouring. Beat the egg well, add it to the dry ingredients and well mix, leaving a tablespoonful of the milk to dissolve the soda, adding this just before putting into the oven, and well mix it through the batter. Bake in buttered moulds. Prick with a knitting needle or small skewer; if this comes out clean the cakes are sufficiently done. A nice lunch or tea cake.

TIME.—30 minutes or an hour. AVERAGE COST, 1*s*. SUFFICIENT for 2 medium-sized cakes.

SOLE AU GRATIN.

In France there is but one way of doing Sole au Gratin, but in England there are several ways. There is, however, no better method than the French; and a sole cooked "au gratin" after the French manner is an exceedingly tasty dish, and once introduced will be preferred to all others.

INGREDIENTS.—1 large sole, ½ a glass of white wine, preserved mushrooms sliced, Italian sauce, mushroom liquor, chopped parsley, brown breadcrumbs, butter, salt and pepper, lemon-juice.

METHOD.—Take the sole, skin both sides, cut off the head and fins, and make several incisions with a knife across one side of the fish. Place, cut side upwards, on a well buttered silver-plated "gratin dish," season with pepper and salt, add half a small glass of white wine, a few drops of lemon-juice, a little mushroom liquor, and some chopped parsley. Place a row of sliced preserved mushrooms down the centre of the fish, and cover with a rich Italian sauce. Sprinkle with brown breadcrumbs, put a few tiny bits of butter here and there on top of the fish, and bake in a moderate oven from 20 to 30 minutes, according to the size of the sole. Place the dish as it leaves the oven on another (larger) dish, and send to table.

TIME.—From 20 to 30 minutes. AVERAGE COST, 1*s*. 9*d*. to 2*s*. 6*d*. SUFFICIENT for 2 or 3 persons. SEASONABLE all the year.

SOLE, BAKED (French Dish).

INGREDIENTS. — 1 rather large plump sole, 1 tablespoonful of breadcrumbs, 1 tablespoonful of finely-chopped mushrooms, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped fat bacon, 1 finely-chopped shallot, 1 glass of white wine, and an equal quantity of good stock, butter, brown breadcrumbs, salt and pepper.

METHOD.—Trim and skin the sole. Mix the breadcrumbs, mushrooms, parsley, bacon, shallot, and a good seasoning of salt and pepper well together. Cover the bottom of a flat silver or fireproof dish rather thickly with butter, over which sprinkle half the prepared seasoning, and place the fish on the top of it. Cover with the remainder of the seasoning, sprinkle lightly with brown breadcrumbs, and add a few drops of oiled butter. Pour the wine and stock round the fish, and bake from 15 to 20 minutes in a moderate oven. Serve in the dish in which it has been cooked.

TIME.—To cook, 15 to 20 minutes. AVERAGE COST, *2s.* to *2s. 6d.* SUFFICIENT for 2 or 3 persons. SEASONABLE at any time.

SOLE, BAKED WITH SHRIMPS.

INGREDIENTS.—1 medium-sized sole, ¼ pint of picked shrimps, 1 dessertspoonful of white breadcrumbs, 1 teaspoonful of anchovy essence, 1 egg, a little white sauce or milk, cayenne, salt, brown breadcrumbs, a little butter.

METHOD.—Remove the skin, make an incision down the centre as for filleting, and raise as far as possible the flesh on each side. Chop the shrimps coarsely, add the breadcrumbs, cayenne, salt (if necessary), anchovy essence, ½ the egg, and sufficient white sauce or milk to moisten the whole. Press the mixture lightly inside the fish, and instead of drawing the two sides together, fill the gap between them with the forcemeat, and flatten the surface of it to the level of the fish. Brush over with the remainder of the egg, cover lightly with pale brown breadcrumbs, and bake for about 20 minutes in a moderate oven.

TIME.—About 40 minutes. AVERAGE COST, from *1s. 9d.* to *2s. 6d.* SUFFICIENT for 2 to 3 persons. SEASONABLE at any time.

SOLE, BOILED.

INGREDIENTS.—1 large sole, salt.

METHOD.—Wash and clean the fish, but do not skin it, and cut off the fins. Have ready a fish-kettle with sufficient warm water to cover the fish, add salt to taste, put in the sole, and cook gently from 10 to 12 minutes, according to its size. Drain well, dish on a folded napkin, garnish with parsley and cut lemon, and serve with shrimp, lobster, or plain melted butter sauce.

TIME.—After the water boils, 10 to 12 minutes for a large sole. AVERAGE COST, *1s. 9d.* to *2s. 3d.* SUFFICIENT for 4 persons.

SOLE, FRIED.

INGREDIENTS.—1 medium-sized sole, oil or clarified fat, egg, breadcrumbs, flour, salt and pepper.

METHOD.—Wash and skin the sole, cut off the fins, and dry well. Add a liberal seasoning of salt and pepper to a teaspoonful of flour, rub it well into the sole, then brush it over with egg, and cover with fine breadcrumbs. Lift it carefully on to the wire drainer, lower it into the hot oil or fat, and fry until it acquires a pale, golden-brown colour. Soles may also be fried, though less easily, and sometimes less satisfactorily in a large frying-pan. The oval form is preferable for the purpose; and in frying, care should be taken to first cook the side of the sole intended to be served uppermost, otherwise breadcrumbs that have become detached from the side first fried may adhere to the side next cooked, and spoil its appearance. Drain well on kitchen paper, and serve garnished with fried parsley.

TIME. — About 10 minutes. AVERAGE COST, 1*s.* 9*d.* to 2*s.* SUFFICIENT for 2 or 3 persons. SEASONABLE all the year.

SOLE, GRILLED.

INGREDIENTS. — 1 medium-sized sole, butter, salt and pepper.

METHOD.—Trim the sole, and wipe it thoroughly with a damp cloth. Rub it over with a little salt and pepper, and coat it completely with liquid butter. Place the sole on a scrupulously clean, well buttered grill, and cook over or in front of a clear fire, turning it occasionally during the process. Serve on a dish paper, garnish with parsley and lemon. A good white sauce or other suitable sauce may accompany the dish.

TIME.—10 minutes. AVERAGE COST, 1*s.* to 1*s.* 6*d.*

SOLE, STEAMED (Invalid Cookery) (*See* Whiting, Steamed).

SOLE, WITH FINE HERBS.

INGREDIENTS. — 1 medium-sized sole, 1 oz. of butter, ¼ pint of good stock, 1 glass of sherry, 2 finely-chopped shallots, 1 tablespoonful of finely-chopped parsley, ½ a teaspoonful each of anchovy and Harvey's sauce, salt and pepper.

METHOD.—Melt the butter in a sauté-pan, add the rest of the ingredients, except the anchovy and Harvey's sauce, and warm gradually. Wash and skin the sole, put it into the pan as soon as the contents are hot, cover closely, and cook in a moderate oven for ½ an hour. Just before serving add the anchovy and Harvey's sauce, then place the sole on a hot dish, and strain the sauce over.

TIME.—About 40 minutes. AVERAGE COST, 2*s.* 3*d.* SUFFICIENT for 2 or 3 persons. SEASONABLE at any time.

SOLE, WITH MAÎTRE D'HÔTEL SAUCE.

Sole à la Maître d'Hôtel is dressed and served in precisely the same way as Sole à la Crême, with the addition of a dessertspoonful of finely-chopped parsley and a teaspoonful of lemon-juice, both of which must be stirred into the sauce just before serving.

SOLES, TO FILLET.

Soles for filleting should be large, as the flesh can be more easily separated from the bones, and there is less waste. To skin any fish, it must be kept wet. It is easier to skin if it is stale.

METHOD.—With flat-fish begin at the tail, cut the skin across, but do not cut into the flesh, and loosen the skin along the fins on either side with a skewer or finger. Then tear off the skin with the left hand, keeping the thumb of the right hand well pressed over the backbone to prevent the removal of the flesh with the skin. Use a sharp knife for filleting; keep it pressed to the bone, raise the flesh carefully, remove the fillets, and divide them into pieces suitable for serving. Fillets of a small sole are not divided; they are rolled, tied, or folded according to requirements.

SOLES WITH MUSHROOMS.

INGREDIENTS. — 2 medium-sized soles, ½ pint of mushroom sauce, milk, salt and pepper.

METHOD.—Skin and trim the soles, place them in an earthenware baking-dish, sufficiently large to allow the fish to lie flat, but one above the other if more convenient.

Sprinkle them liberally with salt and pepper, barely cover with milk, and put over all a greased paper to keep in the steam. Cook in a moderate oven for 10 or 15 minutes, then drain well, and place the soles on a hot dish. Make the sauce as directed, but before adding the mushrooms, boil well to reduce, in order that some or all of the liquor from the dish may be mixed with it, otherwise the sauce would be too thin. Season to taste, pour over the fish, and serve.

TIME.—To cook the soles, from 10 to 15 minutes. AVERAGE COST, 2*s.* to 2*s.* 6*d.*, exclusive of the sauce. SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

SOMERSETSHIRE PUDDING.

INGREDIENTS. — 3 eggs, their weight in flour, and the weight of 2 eggs in castor sugar and butter, essence of vanilla, or other flavouring.

METHOD.—Follow the directions given for making Canary Pudding. Turn the preparation into well-buttered dariols or cups, bake gently for 20 minutes, or until done, and serve with either jam or custard sauce. These puddings are sometimes served cold, with the inside scooped out, and the cavity filled with jam or stewed fruit and cream.

TIME.—About 40 minutes. AVERAGE COST, 8*d.* SUFFICIENT for 6 or 8 persons.

SORREL, PURÉE OF.

INGREDIENTS.—3 lbs. of sorrel, 1 oz. of butter, 1 or 2 tablespoonfuls of either gravy or cream, flour, salt and pepper.

METHOD.—Pick the sorrel, remove the stalks, then wash it well, changing the water frequently. Put it into a saucepan with as much water as will barely cover the bottom of the pan, sprinkle with salt, and cook gently for about 20 minutes, turning it over, and dressing it down repeatedly with a spoon, in order to equalize the cooking. Drain well, rub through a fine sieve, put the purée into a stewpan, add the butter, cream, or gravy, season well with salt and pepper, and stir over the fire for 8 or 10 minutes, dredging in gradually a little flour until the purée acquires the desired consistence, then serve.

TIME.—About 45 minutes. AVERAGE COST, 3*d.* per lb. SUFFICIENT for 4 or 5 persons. SEASONABLE in best condition from May to October.

SOUBISE SAUCE (White Onion Sauce).

INGREDIENTS.—½ pint of Béchamel sauce or other good white sauce, 2 tablespoonfuls of white stock, 2 Spanish onions, sugar, salt and pepper.

METHOD.—Peel and parboil the onions in salted water, then drain well and chop them finely. Put the prepared onions and stock into a stewpan, cover closely, cook slowly until reduced to a pulp, and add the sauce. Simmer gently until reduced to the right consistency, then add a pinch of sugar, season to taste, and use as required.

TIME.—About 1 hour. AVERAGE COST, 6*d.* to 7*d.*

SOUFFLÉ FRITTERS.

INGREDIENTS.—Choux paste (*see* Recipe), frying-fat, castor sugar.

METHOD.—Prepare the paste as directed, drop teaspoonfuls of it into hot fat, and fry rather slowly until crisp and lightly browned. Drain well, dredge with castor sugar, and serve.

TIME.—To fry, about 20 minutes. AVERAGE COST, 9*d.* to 10*d.* SUFFICIENT for 6 or 7 persons.

SOUPS (For Invalids).

Soups may be made from meat, game, poultry, or fish, but they must contain no root, vegetables, or starchy substances. Such vegetables as cabbage, lettuce, or spinach are allowed, and the soup may be thickened with almond flour or yolks of eggs.

SOUP WITHOUT MEAT.

INGREDIENTS.—2½ quarts of boiling water, 4 ozs. of butter, 2 onions cut into dice, 1 head of celery cut into small square pieces, 2 lettuces shredded, 2 handfuls of spinach, 2 or 3 sprigs of parsley, 2 or 3 teaspoonfuls of vinegar, the yolks of 2 eggs, salt and pepper.

METHOD.—Heat the butter in a stewpan, add the prepared vegetables, cover closely, and cook very slowly for about ½ an hour. Now add the boiling water and a seasoning of salt and pepper, and simmer gently until all the vegetables are tender. Beat the yolks of eggs slightly, add gradually a few tablespoonfuls of the boiling soup, and when thoroughly blended add the preparation to the contents of the saucepan. Stir and cook gently for a few minutes to cook the eggs, then add salt, pepper, and vinegar to taste, and serve.

TIME.—From 1¼ to 1½ hours. AVERAGE COST, 1*s*. 3*d*. SUFFICIENT for 7 or 8 persons. SEASONABLE at any time.

SOUR CREAM DRESSING.

INGREDIENTS.—Sour thick cream, salt.

METHOD.—Stir the cream until smooth, add salt to taste, and use as required.

SPAGHETTI PUDDING (*See* Macaroni or Spaghetti Pudding).

SPANISH FRITTERS.

INGREDIENTS.—1 lb. of flour, ½ oz. of yeast, 1 egg, milk, 2 ozs. of butter warmed, 1 saltspoonful of salt, frying-fat.

METHOD.—Moisten the yeast with a little lukewarm water, add the egg, and stir it into the flour. Sprinkle in the salt, mix and beat well, adding milk gradually until a very light dough is formed, then cover and set aside in a warm place to raise for 2 or 3 hours. When ready, work in the butter, shape the dough into small balls, and fry in hot fat until crisp and lightly browned. Serve with sweet sauce.

TIME.—From 2½ to 3½ hours. AVERAGE COST, 6*d*. SUFFICIENT for 6 or 7 persons.

SPANISH ONIONS, PICKLED.

INGREDIENTS. — Medium - sized onions, vinegar, salt, cayenne.

METHOD.—Peel the onions, slice them thinly, place them in a large jar, and sprinkle each layer liberally with salt, and lightly with cayenne pepper. Cover the whole with vinegar, exclude the air by means of a bladder, or paper brushed over on both sides with white of egg, and store in a cool, dry place. The pickle will be ready for use in 10 or 14 days.

SPANISH SALAD.

METHOD.—Peel a large Spanish onion, cut it into very thin slices: with this mix a finely-sliced cucumber and 6 firm but ripe tomatoes also cut into slices. Season with salt, pepper, oil, and vinegar, and sprinkle some finely-grated Parmesan cheese between each layer. Garnish with stoned Spanish olives, and serve.

AVERAGE COST.—1*s*. 6*d*. to 2*s*. SEASONABLE at any time.

SPINACH AND EGG SALAD.

Ingredients.—1 quart of young spinach leaves, 6 spring onions chopped, 3 or 4 hard-boiled eggs, oil, vinegar, salt and pepper.

Method.—Wash the spinach free from grit, dry it thoroughly, and mix with it the onions. Add a few drops of vinegar to 1 tablespoonful of oil, season with salt and pepper, pour it over the spinach, and mix well. Turn into a salad-bowl, garnish with sections of egg, and serve. A salad of cooked spinach may be made by pressing the purée into a mould or moulds, which, when cold, are turned out and garnished with sections of egg.

SPINACH BOILED.

Ingredients.—3 lbs. of spinach, 1 oz. of butter, 1 tablespoonful of flour, salt and pepper.

Method.—Pick off the stalks, and wash the spinach in cold water until free from grit. Then put it into a saucepan with about a level tablespoonful of salt, and just sufficient water to cover the the bottom of the pan. Boil uncovered from 15 to 25 minutes, occasionally pressing it down, and turning it over with a wooden spoon. When done, rub it through a fine sieve; put it into a stewpan, with the butter, season well with pepper, sprinkle in the flour, and stir over the fire for 5 or 6 minutes. Serve on a hot dish garnished with croûtons of fried or toasted bread, or fleurons of puff-paste.

Time.—From 20 to 30 minutes. Average Cost, from 2*d.* per lb. Sufficient for 4 or 5 persons. Seasonable, spring spinach from March to July; winter spinach from November to March.

SPINACH SOUP.

Ingredients.—1 pint of white second stock, 1 pint of milk, 2 lbs. of spinach, 1 oz. of butter, 1½ ozs. of flour, pepper and salt.

Method.—Wash the spinach, remove the stalks, and put it into a saucepan with just sufficient water to cover the bottom of the pan to prevent it burning. When tender, drain and rub through a hair sieve. Melt the butter in a stewpan, sprinkle in the flour, cook for 2 or 3 minutes, then add the purée of spinach and the stock, a little at a time. Boil, add the milk, simmer for a few minutes, season to taste, and serve.

Time.—About 1 hour. Average Cost, 9*d.* to 1*s.* without the stock. Sufficient for 4 persons. Seasonable from March to December.

SPINACH WITH BROWN GRAVY.

Ingredients.—4 lbs. of spinach, 4 tablespoonfuls of brown gravy, 1 tablespoonful of flour, salt and pepper.

Method.—Prepare and cook the spinach as in the preceding recipe. Rub it through a fine sieve, put it into a stewpan with the butter, gravy, and a little pepper, sprinkle in the flour, and stir over the fire until the purée acquires a thick creamy consistency. The spinach may be piled on croûtons of fried or toasted bread, or served on a hot dish, surrounded by croûtons of fried bread, or garnished with leaves, or other small designs of puff paste, or white of egg.

Time.—From 20 to 30 minutes. Average Cost, from 2*d.* per lb. Sufficient for 4 or 5 persons. Seasonable from November to July.

SPINACH WITH CREAM.

This recipe differs from the preceding one only in having 4 tablespoonfuls of cream substituted for the brown gravy.

SPINACH WITH POACHED EGGS.

INGREDIENTS.—2 or 3 lbs. of spinach purée, 6 poached eggs, fleurons of puff paste, or croûtons of fried bread.

METHOD.—Prepare the purée according to directions given in any of the preceding three recipes. Poach the eggs in as plump a form as possible, and trim them to a nice round shape. Serve the spinach on a hot dish, place the eggs on the top, and garnish the base with the fleurons or croûtons.

TIME.—About 30 minutes. AVERAGE COST, 1*s.* 6*d.* to 2*s.* SUFFICIENT for 5 or 6 persons. SEASONABLE from November to July.

SPONGE CAKE.

INGREDIENTS.—The weight of 8 eggs in castor sugar, the weight of 5 eggs in flour, the rind of 1 lemon, 1 tablespoonful of brandy.

METHOD.—Put the eggs into one side of the scale, and take the weight of 8 in castor sugar, and the weight of 5 in good, dry flour. Separate the yolks from the whites of the eggs; beat in the former, put them into a saucepan with the sugar, and let them remain over the fire until milk-warm, keeping them well stirred. Then put them into a basin, add the grated lemon-rind, mixed with the brandy, and beat these ingredients well together. Whisk the whites of the eggs to a very stiff froth, stir them to the other ingredients, and beat the cake well for ¼ of an hour. Then take out the whisk, sieve in the flour, and mix it lightly with a wooden spoon. Put it into a buttered mould, dusted out with a little finely-sifted sugar and flour, and bake the cake in a quick oven for 1½ hours. Care must be taken that it is put into the oven immediately, or it will not be light. The flavouring of this cake may be varied by adding a few drops of essence of almonds, instead of the grated lemon-rind.

TIME.—1½ hours. AVERAGE COST, 1*s.* 3*d.* SUFFICIENT for 1 cake.

SPONGE CAKE MOULD.

INGREDIENTS. — Stale sponge cakes, macaroons or ratafias, 1 pint of milk, 1 oz. of castor sugar, or to taste, ¼ oz. of leaf gelatine, 1 tablespoonful of brandy, 3 eggs, glacé cherries, vanilla essence.

METHOD.—Rinse a plain mould with cold water, decorate the bottom with halves or rings of cherries, and about three-quarters fill it with broken sponge cakes and macaroons. Dissolve the gelatine in the milk, when nearly boiling add the eggs, and stir by the side of the fire until they thicken. Add the sugar and vanilla essence to taste, and pour into the mould. Turn out when cold, and serve with a good custard.

TIME.—About ½ an hour. AVERAGE COST, 1*s.* 9*d.* SUFFICIENT for 1 medium-sized mould.

SPONGE CAKE PUDDING (*See* Finger, Forest, Jenny Lind, and Savoy Puddings).

SPONGE PUDDING.

INGREDIENTS.—12 ozs. of flour, 8 ozs. of golden syrup slightly warmed, 4 ozs. of suet finely chopped, 1 level teaspoonful of carbonate of soda, milk.

METHOD.—Dissolve the soda in a little warm milk. Mix the flour and suet together, stir in the treacle, add the soda, and a little more milk if necessary, but the mixture should be rather stiff. Turn into a greased basin, and steam or boil from 2½ to 3 hours.

TIME.—To cook the pudding, from 2½ to 3 hours. AVERAGE

Cost, *7d.* Sufficient for 5 or 6 persons.

Note.—See Canary Pudding, another variety of sponge pudding.

SPRATS.

Sprats should be cooked very fresh. Their condition can be ascertained by their eyes, which should be bright. Wipe them dry; fasten them in rows by a skewer run through the eyes, dredge with flour, and broil them on a gridiron over a nice clear fire. The gridiron should be rubbed with suet. Serve very hot, with cut lemons and brown bread and butter.

Time.—3 or 4 minutes. Average Cost, 1*d.* to 3*d.* per lb. Allow 1 lb. for 3 persons. Seasonable from November to March.

SPRATS, DRIED.

Dried sprats should be put into a basin, and boiling water poured over them; they may then be skinned and served, and this will be found a much better way than boiling them. They can also be broiled.

SPRING SOUP.

Ingredients.—3 pints of unclarified stock, ¼ gill each of green peas, French beans, asparagus tops, and chopped lettuce, 1 young carrot, 1 small onion, a bouquet-garni, ¼ lb. of gravy beef, the white of 1 egg, seasoning.

Method.—Prepare the vegetables, and scoop out some small pea shapes of carrot. Cook all the vegetables separately in salted water. Put the stock into a pan, with the onion, herbs, finely-minced meat, seasoning, and white of egg. Whisk till it boils, then simmer for 10 minutes. Strain and reheat. Add the prepared vegetables and serve.

Time.—1 hour. Average Cost, 2*s.* 9*d.* Sufficient for 6 persons. Seasonable in April and May.

SPRING SOUP WITHOUT MEAT.

Ingredients.—3 pints of water, 1 head of lettuce, ¼ white-heart cabbage, 1 carrot, 1 turnip, 1 onion, 2 leeks, ½ head of celery, 1 small cauliflower, 4 ozs. of butter, croûtons (or small slices) of toasted bread, salt and pepper.

Method.—Cut the flower of the cauliflower into small pieces and put them aside, cut the tender part of the stalk into small pieces. Prepare the rest of the vegetables and shred them finely, melt the butter in a large stewpan, put in the shredded vegetables, and the stalk of the cauliflower, and cook without browning for 20 minutes. Add to them the water, salt and pepper, and cook gently until tender (about 1 hour); 20 minutes before serving put in the sprays of cauliflower. Cut 2 or 3 slices of very thin well browned toast into small dice, and put them into the tureen. Add any necessary seasoning to the soup, and serve.

Time.—About 1½ hours. Cost, 10*d.* to 1*s.* Sufficient for 6 persons. Seasonable in spring.

SPRING VEGETABLE SOUP.

Ingredients.—3 pints of clear soup, 2 carrots, 1 turnip, ½ a cucumber, salt.

Method.—Scrape the carrots, pare the turnip, but leave the skin on the cucumber, as the green has a pleasing effect when mixed with the other vegetables. Cut the vegetables (with a round cutter sold for the purpose) the size and shape of peas, and boil them separately in slightly salted water until tender, taking care not to cook them too much. Drain well, add the vegetables to the boiling soup, simmer for a few minutes, then serve.

TIME.—To prepare and cook the vegetables, ½ an hour. AVERAGE COST, 2*s.* 4*d.* SEASONABLE in spring. SUFFICIENT for 6 persons.

SQUAB PIE.

INGREDIENTS.—2 lbs. of neck of mutton, 2 lbs. of apples sliced, 1 lb. of onions sliced, 1 tablespoonful of mushroom ketchup, sugar, salt and pepper.

METHOD.—Divide the neck into cutlets, place them in a piedish, and season rather well with salt and pepper. Add the apples and onions in layers, sprinkle with sugar, and half fill the dish with boiling water. Bake in the oven for about 1½ hours. Before serving pour the gravy out at the side, skim off all the fat, add the mushroom ketchup, season to taste, and return to the pie. Serve hot. Bake in the oven for about 1½ hours.

TIME.—2 hours. AVERAGE COST, 2*s.* 3*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

STEAK, STEWED.

INGREDIENTS.—1 lb. of beefsteak, ¾ pint of stock or water, 1 oz. of butter, 1 oz. of flour, 1 onion, 1 carrot, ½ a turnip, pepper and salt.

METHOD.—Remove the fat from the steak and put it aside until wanted, divide the lean into 5 or 6 pieces. Cut the vegetables into dice, or julienne strips, and keep them in water until required. Heat the butter in a stewpan, fry the steak quickly until browned on both sides, remove it, put in the trimmings of the vegetables and the flour, fry brown, then add the stock or water and stir until boiling. Replace the meat, season to taste, cover closely, and cook gently for about 2 hours. When done, have ready the dice or strips of vegetables boiled until tender in salted water, and the fat of the meat fried and nicely browned. Arrange the pieces of steak neatly on a hot dish, strain the sauce over, place the fat on the top, and garnish the base with groups of the prepared vegetables.

TIME.—From 2¼ to 2½ hours. AVERAGE COST, 1*s.* 4*d.* to 1*s.* 6*d.* SUFFICIENT for 3 or 4 persons.

STEAK, STEWED WITH RICE AND TOMATOES (Jewish Recipe).

INGREDIENTS.—1 lb. of beefsteak, ¾ lb. of tomatoes (preserved ones will serve), ½ oz. of butter or fat, 2 ozs. of rice, 1 large onion sliced, 1 pint of boiling water, salt and pepper.

METHOD.—Fry the onion in the butter or fat until lightly browned. Cut the steak into pieces convenient for serving, fry them slightly, and add the boiling water, a small teaspoonful of salt, and a little pepper. Cover closely, and cook as gently as possible from 2½ to 3 hours. Wash and drain the rice, and add it to the preparation, about 1 hour before serving. Raw tomatoes should be halved and added ½ an hour before serving, but preserved ones require rather less cooking. The stewpan should be shaken occasionally, or its contents stirred to prevent burning.

TIME.—From 2½ to 3 hours. AVERAGE COST, 1*s.* 6*d.* to 1*s.* 8*d.* SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

STOCK FOR CLEAR SOUP, TO CLARIFY.

The following is a simple way by which any cloudy stock can be clarified or rendered transparent.

Peel, wash, and cut up small the following prepared vegetables :—½ an onion, or ½ a leek, 1 small carrot, a piece of celery or some celery leaves; put these into a clean and dry stewpan, with a sprig of thyme and marjoram, a sprig or two of tarragon, chervil, 6 peppercorns, the white and shell of an egg (the egg shell must be clean), a little lemon-juice, and a teaspoonful of vinegar. Stir this with a whisk, and add ¼ to ¾ lb. of finely-chopped lean beef, moistened with a little cold water, then put in the stock (2 to 3 quarts), which should be cold and free from fat. Bring it to the boil whilst whisking, remove from the fire, and let it simmer gently for about 20 to 30 minutes. Season to taste with salt, etc., and strain through a cloth.

Average Cost.—1*s.* 6*d.* per quart.

STOCK FOR JELLY (*See* Aspic Jelly from Calves' Feet, Gelatine Jelly, and Wine Jelly).

When sweet jelly is required, lemon-rind, cloves, bay-leaf, and mace should replace the vegetables, herbs, and vinegar used in making aspic jelly.

STONE CREAM.

Ingredients.—1 pint of milk, 2 ozs. of sugar, 1 heaped-up tablespoonful of arrowroot, 3 drops each of essence of cloves and almonds, jam, strips of angelica, glacé cherries.

Method.—Place a good layer of jam at the bottom of a glass dish. Mix the arrowroot smoothly with a little cold milk, boil the remainder, pour it over the arrowroot, stirring meanwhile. Replace in the stewpan, add the sugar, simmer gently for 2 or 3 minutes, and stir in the flavourings. Stir the mixture occasionally until nearly cold, then pour it over the jam, and garnish with angelica and cherries.

Time.—Altogether, about 1 hour. Average Cost, 10*d.* Sufficient for 4 or 5 persons.

STORE SAUCE.

Ingredients.—1 pint of mushroom ketchup, ½ pint of walnut ketchup, ½ pint of port wine, 12 anchovies, 6 shallots, 2 tablespoonfuls of cayenne.

Method.—Pound the anchovies and shallots, or chop them finely; add them to the rest of the ingredients, and boil gently for 1 hour. When cold, put the preparation into well-corked bottles, and store for use.

Time.—1½ hours. Average Cost, 3*s.*

STRAWBERRY CARAMELS.

Ingredients.—2 lbs. of best lump sugar, 2 ozs. of honey, ¼ oz. of butter, ⅓ pint of cream, ¼ pint of water, strawberry essence, cherry-red colouring or carmine.

Method.—Place the sugar in a copper sugar boiler or stewpan, add the water, and when dissolved stir in the honey, cream, and butter. Boil to the "crack," then stir in the flavouring essence and colouring ingredient, and pour on to an oiled slab. When set, cut into small squares by means of a caramel cutter or buttered knife, and wrap each caramel in wax paper.

STRAWBERRY CREAM.

Ingredients.—1 lb. of strawberries, ½ pint of cream, 3 ozs. of castor sugar, ¾ oz. of leaf gelatine, the juice of 1 lemon.

Method.—Pick the strawberries and pass them through a fine hair sieve. Dissolve the gelatine and sugar in 2 tablespoonfuls of water, and add the lemon-juice. Strain the gelatine, etc., into the strawberry purée, add the cream well-whipped, mix lightly together, and pour into the prepared mould. Set on ice or in a cold place until firm.

TIME.—From 35 to 40 minutes. AVERAGE COST, 2*s*. SUFFICIENT for 1 medium-sized mould. SEASONABLE from June to August.

STRAWBERRY FRITTERS (*See* Gooseberry Fritters).

STRAWBERRY ICE CREAM.

INGREDIENTS.—1 lb. of strawberries, ½ pint of cream, ¼ pint of milk, 3 yolks of eggs, 10 ozs. of castor sugar, 1 teaspoonful of lemon-juice, carmine.

METHOD.—Bring the milk and cream to near boiling point, add the beaten yolks of eggs, stir by the side of the fire until they thicken, then put in the sugar, and when dissolved, strain and let the preparation cool. Pass the strawberries through a fine sieve, mix with the custard, add the lemon-juice and carmine gradually until a deep pink colour is obtained Then freeze.

TIME.—About 1 hour. AVERAGE COST, 2*s*. to 2*s*. 3*d*. SUFFICIENT for 7 or 8 persons.

STRAWBERRY ICE CREAM (Another Method).

INGREDIENTS.—1 lb. of strawberries, 1 quart of milk, ½ gill of cream, 10 ozs. of castor sugar, ½ oz. of cornflour, 4 eggs, the juice of 2 lemons, carmine.

METHOD.—Mix the cornflour with a little milk, boil the remainder with the sugar, add the blended cornflour and milk, simmer for 2 or 3 minutes, then cool slightly. Beat the yolks of the eggs, add them to the contents of the stewpan, and stir by the side of the fire until the mixture thickens. Strain, add the strawberries, previously reduced to a purée by being passed through a fine sieve, the lemon-juice, a few drops of carmine, and when cold, the cream, and well whisked whites of eggs. Then freeze.

TIME.—About 1 hour. AVERAGE COST, 2*s*. SUFFICIENT for 7 or 8 persons.

STRAWBERRY JAM.

INGREDIENTS.—To each lb. of fruit allow from 12 to 16 ozs. of preserving sugar.

METHOD. — Remove the stalks from the fruit, put it into a preserving-pan, covering each layer thickly with sugar. Place the pan by the side of the fire, bring the contents slowly to boiling point, and stir occasionally. Skim well, boil gently until the jam sets when tested on a cold plate, taking care in stirring to keep the fruit as whole as possible. Pour into pots, cover with paper brushed over on both sides with white of egg, and keep in a cool, dry place.

TIME.—About 1 hour. AVERAGE COST, from 6*d*. to 8*d*. per lb.

STRAWBERRY JELLY.

INGREDIENTS.—1 lb. of strawberries, ½ lb. of loaf sugar, 2 ozs. of gelatine, the juice of 1 lemon, the whites and shells of 2 eggs, a little lemon jelly.

METHOD.—Boil the sugar and 1 pint of cold water to a syrup, and when cool, pour it over ½ lb. of strawberries, previously picked and crushed to a pulp. Cover the basin and let the fruit remain thus for ½ an hour. Coat a mould thinly with lemon jelly, decorate tastefully with whole strawberries, and fix them firmly in place with a little more jelly. Place the gelatine with 1 pint of water in a stewpan; when dissolved add the strawberry preparation and the lemon-juice. Let the mixture cool, then stir in the whites of the eggs and the shells. Whisk until boiling, and strain through a jelly-bag or cloth until clear. When the preparation is cold and on the point of setting pour it into the prepared mould, and let it remain on ice or in a cool place until firm.

TIME.—About 1½ hours. AVERAGE COST, 1*s*. 9*d*. to 2*s*. 3*d*. SUFFICIENT for 1 large mould. SEASONABLE from June to August.

STRAWBERRY MOULD.

INGREDIENTS.—1 packet of strawberry pudding powder, 1 pint of milk (or 2 tablespoonfuls of Swiss milk and 1 pint of water), ½ oz. of butter, sugar to taste.

METHOD. — Mix the powder smoothly with a little cold milk, boil the remainder of the milk, add the blended milk and powder, and stir until boiling. Add the butter, sweeten to taste, boil gently for about 5 minutes, then turn into a wetted mould, and put aside until cold.

TIME.—To make the mould, about 20 minutes. AVERAGE COST, 6*d*. SUFFICIENT for 4 persons.

STRAWBERRY SOUFFLÉ.

INGREDIENTS.—½ pint of strawberry pulp sweetened to taste, ½ lb. of strawberries cut into dice, 2 ozs. of castor sugar, 2 ozs. of fine flour, 1½ ozs. of butter, 3 yolks of eggs, 4 whites of eggs, 1 gill of milk or cream, carmine.

METHOD. — Reduce the strawberries to a pulp by passing them through a hair sieve, and sweeten to taste with castor sugar. Melt the butter, stir in the flour, add the milk, boil well, then incorporate the sugar and strawberry pulp. Now beat in the yolks of eggs separately, brighten the colour by adding a few drops of carmine, stir in the strawberries cut into dice, and lastly, and very lightly, the stiffly-whisked whites of eggs. Pour the mixture into a well-buttered mould, and bake in a hot oven from 35 to 40 minutes. Serve with a suitable fruit syrup or sweet sauce.

TIME.—To bake, from 35 to 40 minutes. AVERAGE COST, 1*s*. 10*d*. SUFFICIENT for 6 or 7 persons.

STURGEON, BAKED.

INGREDIENTS.—2 lbs. of sturgeon, salt and pepper to taste, 1 small bunch of herbs, the juice of ½ a lemon, ¼ lb. of butter, ½ pint of white wine.

METHOD.—Cleanse the fish thoroughly, skin it, and remove the inside. Have ready a large baking dish, lay the fish in it, sprinkle over the seasoning and herbs very finely minced, and moisten it with the lemon-juice and wine. Place the butter in small pieces over the whole of the fish, put it in the oven, and baste frequently; brown it nicely, and serve with its own gravy.

TIME.—From 1 to 1¼ hours. AVERAGE COST, 1*s*. 6*d*. to 3*s*. 6*d*. per lb. SEASONABLE from April to September.

STURGEON CUTLETS.

INGREDIENTS.—1½ lbs. of sturgeon, ½ a teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of finely-grated lemon-rind, egg and breadcrumbs, salt and pepper, fat for frying, piquant or tomato sauce.

METHOD.—Cut the fish into thin slices, flatten them with a cutlet-bat or heavy knife, and trim them into shape. Add the parsley and lemon-rind to the breadcrumbs, and season with salt and pepper. Brush over with beaten egg, coat carefully with the seasoned bread-crumbs, and fry in hot fat until lightly browned on both sides. Drain free from fat, and serve with piquant or tomato sauce poured round.

TIME.—To fry, about 10 minutes. AVERAGE COST, from 1*s.* 6*d.* per lb. SUFFICIENT for 6 or 8 persons. SEASONABLE, April to September.

SUBSTITUTE FOR CAPER SAUCE.

INGREDIENTS. — 1 good tablespoonful of coarsely-chopped gherkins, ¾ pint of white stock, ¼ pint of milk, 1½ ozs. of butter, 1½ ozs. of flour, vinegar, salt and pepper.

METHOD.—Melt the butter in a stewpan, add the flour, stir and cook the mixture for 6 or 7 minutes, then add the stock and milk. Simmer gently for 10 minutes, season with salt and pepper, add vinegar to taste, and the prepared gherkins. Serve with boiled mutton, or other dishes to which caper sauce forms an accompaniment.

TIME.—About 20 minutes. AVERAGE COST, 6*d.*, exclusive of the stock.

SUBSTITUTE FOR MILK OR CREAM.

INGREDIENTS.—Allow 1 new-laid egg to a breakfastcupful of tea or coffee.

METHOD.—Beat the egg well, strain it into the cup, and add the tea or coffee very gradually at first, stirring briskly meanwhile.

SUCCOTASH (American Recipe).

INGREDIENTS.—Lima beans ; to 1 pint of beans allow 1 quart of green corn, butter, cream, sugar, salt and pepper.

METHOD.—Cut the corn from the cob and shell the beans, put them into separate vessels of slightly salted boiling water, cook until tender, and drain well. Mix them together, put them into a stewpan with a lump of butter and a little cream, add a good pinch of sugar, and a seasoning of pepper, and shake gently over the fire until thoroughly hot. In winter, when the vegetables are dry and hard, soak both corn and beans for at least 12 hours, then proceed as directed above. Canned Lima beans and canned corn are also used.

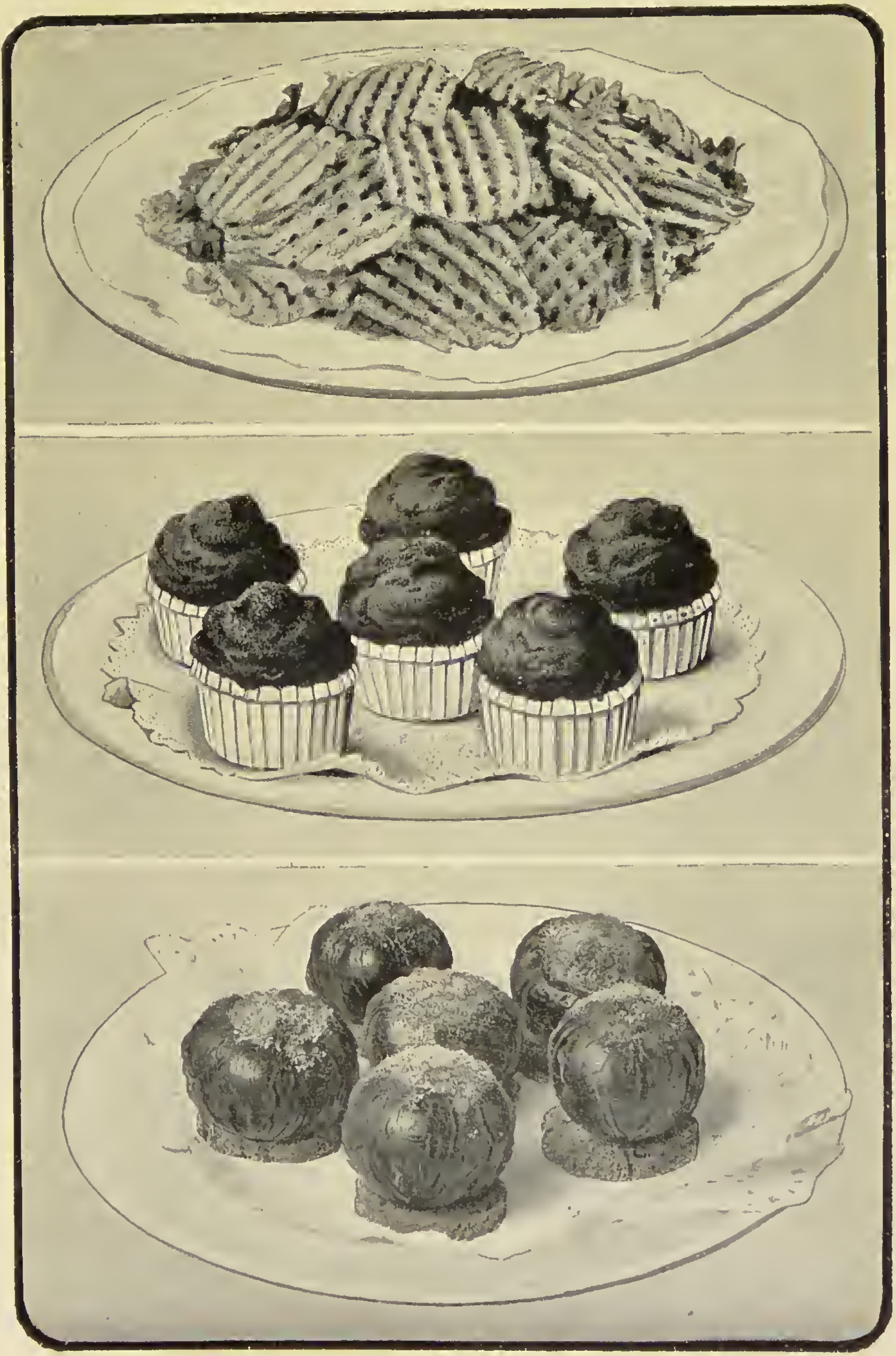
TIME.—About ½ an hour. AVERAGE COST, 1*s.* SUFFICIENT for 7 or 8 persons. SEASONABLE from July to September.

SUCKING PIG, ROASTED.

INGREDIENTS.—A sucking pig, not more than 3 weeks old, butter, or salad-oil to baste with, onion forcemeat.

METHOD.—Make the forcemeat as directed, put it inside the pig, and close the opening by means of a trussing needle and string. Brush the entire surface of the pig with salad-oil or warmed butter, wrap it in several folds of well-oiled or well-greased paper, draw the legs well back, tie into shape, and either roast or bake the pig for 2½ or 3 hours, according to its size. It should be thoroughly well basted, and about ½ an hour before the time of serving the paper must be removed, and the pig brushed over with thick cream or salad-oil to improve the colour, and crisp the surface. Before serving, cut off the head, and split the pig down the centre of the back : lay the two halves on a dish, divide the head, and place half at each end of the dish. The usual accompaniments are brown and apple sauces, and sometimes hot currants ; the latter should be prepared the day before. To make them plump, they must

DRESSED VEGETABLES.



1. Wafer Potatoes. 2. Spinach Soufflés. 3. Stuffed Tomatoes.

HORS D'ŒUVRES.

1. Tartines of Anchovy. 2. Caviare Croûtes. 3. Sardines on Toast.

be scalded, and afterwards thoroughly dried. Re-heat in the oven before serving.

TIME.—From 2½ to 3 hours. AVERAGE COST, from 6*s*. to 10*s*. 6*d*. SUFFICIENT for 8 or 9 persons.

SUCKING PIG, TO SCALD.

Put the pig into cold water directly it is killed; let it remain for a few minutes, then immerse it in a large pan of boiling water for 2 minutes. Take it out, lay it on a table, and pull off the hair as quickly as possible. When the skin looks clean, make a slit down the belly, take out the entrails, well clean the nostrils and ears, wash the pig in cold water, and wipe it thoroughly dry. Take off the feet at the first joint, and loosen and leave sufficient skin to turn neatly over. If not to be dressed immediately, fold it in a wet cloth, to exclude the air.

SUET CRUST.

INGREDIENTS.—12 ozs. of flour, 6 ozs. of suet, 1 heaped teaspoonful of baking-powder, ¼ of a teaspoonful of salt, ⅓ of a pint of cold water.

METHOD.—Free the suet from skin, shred it into fine flakes, but do not chop it. Add the flour to the suet, and mix both well together in a basin, then add the salt, baking-powder, and as much water as is necessary to mix the whole into a fairly stiff paste. Knead lightly, then roll out, and use for any kind of pie or pudding intended to be eaten hot.

TIME.—2¼ hours. AVERAGE COST, 5*d*. SUFFICIENT for 1 large pie.

SUET CRUST, RICH.

INGREDIENTS.—8 ozs. of flour, 3 ozs. of breadcrumbs, 6 ozs. of suet, 1 heaped teaspoonful of baking powder, ¼ of a teaspoonful of salt, about ⅓ pint of water.

METHOD.—Free the suet from skin, shred and chop it finely. Mix well together the flour, breadcrumbs, suet, salt, and baking-powder, and add water to form a paste soft enough to roll out easily, but not sufficiently moist to stick to the board and rolling-pin. This paste makes an exceedingly light and easily-digested pudding, but in consequence of its extreme lightness, it is liable to break if turned out of the basin.

TIME.—2¼ hours. AVERAGE COST, 5*d*. SUFFICIENT for 1 fair-sized pudding.

SUET FORCEMEAT.

INGREDIENTS.—2 tablespoonfuls of finely-chopped suet, 4 tablespoonfuls of breadcrumbs, 1 good dessertspoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, ¼ of a teaspoonful of grated lemon-rind, 1 egg and a little milk, nutmeg, salt and pepper.

METHOD.—Mix all the dry ingredients well together, add the egg and sufficient milk to slightly moisten the whole, season to taste, and use.

TIME.—20 to 30 minutes. AVERAGE COST, 3*d*. to 4*d*.

SUET PUDDING.

INGREDIENTS.—12 ozs. of flour, 6 ozs. of finely-chopped suet, 1 teaspoonful of baking-powder, ¼ of a teaspoonful of salt, cold water.

METHOD.—Mix the flour, suet, baking-powder, and salt together, and add water gradually until a rather stiff paste is formed. Shape it into a roll, wrap it in a pudding-cloth, which must be previously scalded and well dredged with flour on the inner side, and secure the ends with string. Put it into boiling water, and cook for about 2¼ hours. Serve with jam, treacle, stewed fruit, or, if preferred, good gravy.

TIME.—About 2¾ hours. AVERAGE COST, 6*d.* SUFFICIENT for 6 or 7 persons.

Note.—The above mixture may also be made into dumplings, which require boiling for two hours. For savoury dumplings, *see* Exeter Stew.

SUET PUDDING (Invalid Cookery).

INGREDIENTS.—3 ozs. of finely-chopped beef suet, 1½ ozs. of sugar, 6 ozs. of flour, 1 egg, salt.

METHOD.—Mix the suet, flour, sugar, and a pinch of salt together, and beat and add the egg. Mix well, turn into well-greased dariol moulds, cover with buttered paper, and steam from 50 to 60 minutes. Serve with honey, jam, or golden syrup.

TIME.—To cook the puddings, from 50 to 60 minutes. AVERAGE COST, 3½*d.* SUFFICIENT for 3 or 4 persons.

SUGAR.

Sugar, like salt, is both an antiseptic and a valuable food, as well as a useful flavouring ingredient. What salt is to meat and vegetables, sugar is to all fruits and many farinaceous foods, rendering palatable what would otherwise be insipid or uneatable in consequence of extreme sourness. In very small quantities, sugar is frequently used to soften or heighten the flavour of ragoûts and sauces.

SUGAR FOR COMPÔTES (*See* Sugar to Boil).

SUGAR, TO BOIL.

Although sugar may be boiled, and the degree approximately gauged by applying certain simple tests, the process is greatly simplified by the use of a saccharometer.

The different degrees to which sugar is boiled are classed as follows :—

I. **Small Thread.** 215° F.

INGREDIENTS.—2 lbs. of loaf sugar, 1 pint of water.

METHOD.—Dissolve the sugar in the water, bring to boiling point, and remove the scum. Boil for a few minutes, then dip the tip of the forefinger into the syrup and apply it to the thumb. If, on immediately separating the finger and thumb, the syrup is drawn out into a fine thread which breaks at a short distance, the sugar is boiled to the *small thread* (215° F.).

II. **Large Thread.** 217° F.

Boil the syrup a little longer, and apply the same test; if the thread can be drawn longer without breaking, the syrup is boiled to the *large thread* (217° F.).

III. **Small Pearl.** 220° F.

Continue the boiling for a few moments and proceed as before. When the thumb and forefinger may be separated to a little distance without breaking the thread, the sugar is boiled to the *small pearl* (220° F.).

IV. **Large Pearl.** 222° F.

After a little further boiling dip the forefinger in again, stretch the thumb and forefinger as far as possible, and if the thread remains unbroken the sugar has been boiled to the *large pearl* (222° F.).

V. **Small Blow.** 230° F.

Boil a little longer, then take a skimmer, dip it into the syrup, drain it well over the pan, and blow through the holes. If small bubbles appear on the other side of the skimmer, the sugar is boiled to the *small blow* (230° F.).

VI. **Large Blow or Feather.** 233° F.

After a moment's further boiling repeat the test, and when the bubbles appear in much larger quantities and fly off the skimmer when shaken, like small feathers or down, the sugar is boiled to the *large blow* (233° F.).

VII. **Small Ball.** 237° F.

Now dip the forefinger into a basin of cold water, then dip it into the sugar, and again quickly into the water. When the sugar can be rolled between the thumb and forefinger into a *small ball* it has reached the stage known by that name (237° F.).

VIII. **Large Ball.** 247° F.

Continue the boiling and proceed as before; as soon as the sugar can be formed into a larger and harder ball, it is boiled to the *large ball* (247° F.).

IX. **Small Crack.** 290° F.

Boil for a moment longer, then dip in the forefinger, and if the sugar adhering to it breaks with a slight noise, and sticks to the teeth when bitten, it is boiled to the *small crack* (290° F.).

X. **Large Crack.** 312° F.

Boil a little longer, dip the forefinger into cold water, then into the sugar, and again quickly into the water. If the sugar breaks short and brittle, and does not stick to the teeth when bitten, it is boiled to the *large crack* (312° F.).

XI. **Caramel.** 350° F.

Note.—If the boiling is prolonged beyond this stage, the sugar soon begins to acquire a little colour, which gradually deepens until brown, and finally, black, burnt sugar is obtained.

SUGAR, TO CLARIFY (for Syrup).

Ingredients.—6 lb. of loaf sugar, 1 quart of water, 2 whites of eggs.

Method.—Dissolve the sugar in the water in a large stewpan, but do not let it become very hot. Beat the whites of eggs, pour the warm syrup on to them, and return to the stewpan. When the syrup boils, add ½ a gill of cold water, repeat 3 times, thus using in all ½ a pint. Now draw the pan aside for about 10 minutes, then strain by means of a jelly bag or fine muslin, and use as required.

SUMMER SALAD.

Ingredients.—2 or 3 lettuces shredded, 2 handfuls of mustard and cress, 12 radishes sliced, ½ a cucumber sliced, salad dressing (*see* recipes for same).

Method.—Place a little salad dressing at the bottom of a salad-bowl, put in the lettuce, etc., and serve when well mixed.

SUMMER SQUASH (American Recipe).

Ingredients.—Young, fresh, tender squashes, butter, salt and pepper.

Method.—Wash and dry the squashes, do not pare them, cut them into quarters and remove the seeds. Put them into slightly salted boiling water, and cook gently for about 20 minutes, or until tender. Drain well, mash, replace in the stewpan with a lump of butter and a seasoning of salt and pepper, re-heat and serve.

Time.—About ½ an hour. Average Cost, 3*d.* each. Sufficient, allow 2 to 3 for 4 persons. Seasonable all the year.

Note.—The term Squash is loosely used, especially in the United States, for 2 or 3 kinds of gourd, including the pumpkin.

SWARTZUIR (An old Cape Recipe).

INGREDIENTS.—2 or 3 lbs. of neck of mutton, 1 onion, 1 breakfastcupful of white flour, 2 ozs. of tamarinds, 1 pint of boiling water. 6 cloves, 1 teaspoonful of brown sugar, salt, pepper, 2 eggs.

METHOD. — Remove the meat from the bones and cut it into rather small pieces. Place it in a stewpan with the onion and 1 pint of cold water. To the pint of boiling water add the tamarinds, cloves, sugar, and a good seasoning of salt and pepper. Cook the meat gently for 1 hour, and then strain a breakfastcupful of the liquor into another stewpan, and to this add salt and pepper and the cupful of flour. Stir over the fire until the dough is well cooked, and when cold work in the eggs and form into dumplings no larger than a walnut. To the meat add the tamarinds, water, and spices, let it boil well, add the dumplings, and cook gently for 10 minutes longer.

TIME.—About 2 hours. AVERAGE COST, 2*s.* 6*d.* to 3*s.* 6*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

SWEETBREAD, FRIED.

INGREDIENTS. — 1 calf's heart sweetbread, 1 pint of white stock or water (when water is used, add a little onion, carrot, and turnip), 1 egg, breadcrumbs, 1 oz. of butter or frying-fat.

METHOD. — Blanch the sweet bread (*see* Sweetbreads, to Blanch), then put it into a stewpan with the stock, add seasoning if necessary, and simmer gently for 40 minutes. Press between two plates until cold, then cut into slices, brush over with egg, coat with breadcrumbs, and fry in the butter in a sauté-pan, or in a deep pan of hot fat, until lightly browned. Drain well, and serve on a folded serviette, or dish paper, garnished with fried parsley.

TIME.—1¼ hours, after the sweetbread is blanched. AVERAGE COST, 3*s.* 6*d.* SUFFICIENT for 2 or 3 persons.

SWEETBREADS, BRAISED.

INGREDIENTS.—A pair of calf's sweetbreads, ¾ pint of stock, 1 small onion, 1 small carrot, ½ a small turnip, 1 strip of celery, 6 peppercorns, a bouquet-garni (parsley, thyme, bay-leaf), glaze, 1 croûte of fried bread, ½ pint of good gravy or tomato sauce.

METHOD. — Blanch the sweetbreads (*see* Sweetbreads, to Blanch), slice the vegetables, put them into a stewpan with the bouquet and peppercorns, nearly cover them with stock, adding more when required. Wrap the sweetbreads in a buttered paper, place them on the top of the vegetables, put on the lid, and cook gently for ¾ of an hour. In the meantime, cut a block (croûte) of bread to fit the dish, and not less than 2 inches in thickness. Fry in hot fat, drain well, place the sweetbreads on the top of the bread, brush them over with glaze, pour round the gravy, or tomato sauce, and serve. If preferred, the dish may be garnished with little groups of green peas, haricots verts, or a macedoine (mixed garnish) of vegetables, either placed at the four corners or at intervals round the base of the croûte.

TIME.—About ¾ of an hour, after the sweetbreads are blanched.

AVERAGE COST, 5*s.* to 7*s.* 6*d.* SUFFICIENT for 6 or 7 persons.

SWEETBREADS, FRIED, AND SPINACH.

INGREDIENTS.—A pair of sweetbreads, ½ pint of spinach purée, ½ pint of THICK Béchamel sauce, 1 egg, breadcrumbs, salt and pepper, ½ pint of Madère, Robert, or piquant sauce, frying-fat.

METHOD.—Prepare and blanch the sweetbreads (*see* Sweetbreads, to Blanch), boil them for 10 minutes in slightly salted water, and when cool cut them into slices ¼ of an inch in thickness. Have the Béchamel sauce ready and nearly cold; season each slice with salt and pepper, coat both sides with the sauce, and, if possible, put them on ice until the sauce sets. Now dip the slices into beaten egg, coat them very carefully with breadcrumbs, and fry until lightly browned in hot fat. Dish in a circle on a thin border of mashed potato, fill the centre with the spinach purée (*see* Vegetables as to method of preparation), pour the sauce round the base of the dish, and serve.

TIME.—About 2 hours. AVERAGE COST, 6*s.* 6*d.* to 8*s.* 6*d.* SUFFICIENT for 6 or 7 persons.

SWEETBREADS (To Blanch).

In whatever form the sweetbreads may be subsequently dressed they must be first blanched, to render them white and firm. One hour's soaking, at least, in cold water, is necessary to free them from blood, and they may with advantage be allowed to remain longer. They should then be put into a stewpan, covered with cold water, and brought slowly to the boil, and after 2 or 3 minutes' gently cooking, may be either transferred to a basin of cold water and allowed to remain in it until cold or well washed in cold water and pressed between two dishes until cold.

SWEET POTATO FRITTERS.

INGREDIENTS.—½ lb. of sweet potatoes, 2 tablespoonfuls of warm butter, 1 tablespoonful of flour, 1 egg, and a little salt, frying-fat, egg and breadcrumbs.

METHOD. — Prepare, boil, and mash the potatoes; add to them the butter, flour, and the egg, and season with salt. Form the mixture into small round flat cakes, coat them carefully with egg and breadcrumbs, fry in hot fat until nicely browned, then drain well, and serve as a sweet with sugar and ground cinnamon.

TIME.—To fry the fritters, 4 or 5 minutes. AVERAGE COST, 8*d.* or 9*d.* SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

SWEET POTATOES, ROAST.

METHOD.—Lay the potatoes in a Dutch oven in front of the fire or in a hot oven, turning them occasionally until cooked. Scrape off the outer skin, and cut into pieces, or mash up with butter, season, and serve hot.

SWEET POTATOES, DRIED.

METHOD.—Pour boiling water over the potatoes the night before they are wanted. The next day drain and peel, boil, and dress with butter.

SWISS CREAM.

INGREDIENTS.—½ pint of cream, ½ pint of milk, ¼ pint of sherry, 1 oz. of castor sugar, 1 tablespoonful of cornflour, 1 lemon, 1 teaspoonful of finely-chopped pistachios, sponge cake.

METHOD. — Cut the cake into 1-inch thick slices, place them in a deep silver or glass dish, and pour over the sherry. Mix the cornflour smoothly with a little milk, boil the remainder with the thinly-cut lemon-rind and sugar until pleasantly flavoured, remove the lemon-rind, then add the blended cornflour and milk, boil for ten minutes, and let the mixture cool. Whip the cream slightly, add it and the lemon-juice to the cornflour preparation, and pour over the sponge cake. Sprinkle with the pistachios, and serve when perfectly cold.

Time.—From 35 to 40 minutes. Average Cost, 1*s.* 6*d.* to 1*s.* 8*d.*, exclusive of the cake. Sufficient for 1 medium-sized dish.

SWISS PUDDING.

Ingredients.—6 large sour baking apples, about 8 ozs. of breadcrumbs, brown sugar, butter, 6 cloves.

Method.—Pare, core, and slice the apples. Cover the bottom of a buttered piedish with breadcrumbs, add a layer of apple, sprinkle with sugar, moisten with water, and add one or two cloves and a few small pieces of butter. Repeat until all the materials are used, letting the breadcrumbs form the top layer. Pour on a little oiled butter, cover with a greased paper, and bake gently for about ¾ of an hour. As soon as the apples begin to fall remove the paper to allow the surface to brown.

Time.—About ¾ of an hour, to bake the pudding. Average Cost, 10*d.* to 1*s.* Sufficient for 4 or 5 persons.

SWISS ROLL.

Ingredients.—4 ozs. of flour, 4 ozs. of butter, 4 eggs, vanilla essence, jam, sugar.

Method.—Sift and warm the flour, beat the butter up with the eggs for 20 minutes, flavour with vanilla essence to taste and stir the flour in lightly. Spread on a buttered baking dish and bake in a moderate oven for about 15 minutes. Divide the pastry into strips; spread over each with raspberry or apricot jam, and roll up quickly. Dredge with sugar, and let cool.

Time.—About 1 hour.

Average Cost.—1s. Sufficient for 6 persons.

SYLLABUB.

Ingredients.—½ pint of sherry or Madeira wine, 2 tablespoonfuls of brandy, ¾ pint of cream, 1 white of egg, 1 lemon, castor sugar.

Method.—Remove the rind of the lemon as thinly as possible, put it into the sherry, and let it soak for 12 hours. When ready strain and add the cream, brandy, lemon-juice, and sugar to taste. Beat or whisk the mixture briskly, and as the froth forms skim it off, and place it at once in glasses or a hair sieve with a basin under it to receive the drippings. Let it be made several hours before required.

Time. — Altogether, 18 hours. Average Cost, 2*s.* 3*d.* Sufficient for 10 or 12 persons.

SYRUP FOR WATER ICES.

Ingredients.—3 lbs. of loaf sugar, 1 good pinch of cream of tartar, 1 quart of water, the white and shell of 1 egg.

Method.—Place the sugar, cream of tartar, water, the shell and well-whisked white of egg in a copper sugar-boiler or stewpan, boil until reduced to a syrup, then strain: when cool, use as required.

Average Cost.—8*d.* Sufficient for 1 quart.

TAMARIND SAUCE (Indian Recipe).

Ingredients.—Ripe tamarinds, castor sugar.

Method.—Pack the fruit compactly in a fire-proof jar, sprinkling each layer lightly with sugar, and cover closely. Cook in a cool oven until tender, then rub through a fine sieve, and put into jars. Fasten securely so as to completely exclude the air, and store for use.

Time.—2 to 3 hours. Cost, uncertain. Sufficient for 1 jar.

TAPIOCA CREAM.

Ingredients.—1½ ozs. of French crushed tapioca (sold in packets), 2 ozs. of castor sugar, 1 quart of milk, 2 tablespoonfuls of thick cream, 4 yolks of eggs, the thinly-cut rind of ½ a lemon, 1 bay-leaf, ½ a small pot of red-currant jelly, an equal quantity of lemon or wine jelly.

Method.—Mix and dissolve the jellies, and when cool pour the preparation on the bottom of a border mould, and let it set. Bring the milk, bay-leaf, and lemon-rind to the boil, and sprinkle in the tapioca. Cook gently for about ½ an hour, then add the sugar, beaten yolks of eggs, and stir until the mixture thickens. Remove the bay-leaf and lemon-rind, and when cool stir in the stiffly-whipped cream, and pour the mixture into the prepared mould.

Time.—From 1¼ to 1½ hours. Average Cost, 1*s*. 6*d*. to 1*s*. 8*d*. Sufficient for 1 large mould.

TAPIOCA CREAM SOUP.

Ingredients.—1 quart of white stock, or half stock and half milk, ¼ pint of cream, the yolks of 3 eggs, 1 tablespoonful of fine sago or crushed tapioca, salt and pepper.

Method.—The stock should be well flavoured, otherwise it must be simmered with a little onion, carrot, celery, and herbs, and then strained for use. Bring the stock to boiling point, sprinkle in the sago, or whatever is used in its place, and stir and cook until it becomes transparent; then let the soup cool slightly. Mix the yolks of the eggs and the cream together (¼ of a pint of milk may be substituted when it is not convenient to use cream), add to the soup and stir till it thickens; it should have the consistency of single cream. When a thicker soup is desired, mix a teaspoonful of flour or cornflour with a little milk, and add it to the soup at the same time as the sago. Season to taste, and serve.

Time.—20 to 30 minutes. Average Cost, about 9*d*., not including the stock. Sufficient for 8 persons. Seasonable at any time.

TAPIOCA OR SAGO PUDDING.

Ingredients.—1 pint of milk, 2 tablespoonfuls of tapioca or sago, 1 tablespoonful of sugar, or to taste, 2 eggs (optional), nutmeg, salt.

Method.—Boil the milk, sprinkle in the tapioca or sago, stir until boiling, and simmer gently until it becomes clear, stirring occasionally. Add the sugar and a good pinch of salt, and when a little cool, the eggs, beaten. Pour into a greased piedish, and bake in a slow oven for about ½ an hour.

Time.—About 1 hour. Average Cost, 5*d*. Sufficient for 4 or 5 persons.

TARRAGON VINEGAR.

Ingredients.—Tarragon, vinegar.

Method.—Tarragon leaves intended for this purpose should be gathered on a dry day about the end of July, just before the plant begins to bloom. Remove the stalks, bruise the leaves slightly, put them into a wide-necked bottle, and cover them with vinegar. Cover closely so as to completely exclude the air, and let the bottle stand in a cool, dry place for 7 or 8 weeks. Now strain the liquid through fine muslin until it is quite clear, put it into small bottles, cork tightly, and store them in a cool, dry place.

TARTARE SAUCE.

Ingredients.—¼ pint of mayonnaise sauce, 1 tablespoonful of chopped gherkin or capers, ½ a teaspoonful of very finely-chopped shallot (this may be omitted).

Method.—Stir the gherkin and onion lightly into the mayonnaise, and use as required.

Time.—25 minutes altogether. Average Cost, 5*d.* to 7*d.*

TART, OPEN, OF STRAWBERRY, OR OTHER PRESERVE.

Ingredients. — Trimmings of puff paste, any kind of jam.

Method.—Butter a tart-pan of the usual shape, roll out the paste to the thickness of ⅛ of an inch, and line the pan with it, prick a few holes at the bottom with a fork to prevent the paste rising and blistering, and bake the tart in a brisk oven from 10 to 15 minutes. Let the paste cool a little; then fill it with preserve, place on it a few stars or leaves, which have been previously cut out of paste and baked, and the tart is ready for table. By making the tart in this manner, both the flavour and the colour of the jam are preserved, which would be spoiled were it baked in the oven on the paste, and less jam is required.

Time.—15 to 20 minutes to bake.

TARTLETS, BALMORAL.

Ingredients.—1 oz. of butter, 1 oz. of castor sugar, ½ oz. of cakecrumbs, ½ oz. of glacé cherries cut into small dice, ½ oz. of candied peel finely shredded, ¾ oz. of cornflour, or potato flour, 1 egg, short crust paste.

Method.—Make the paste as directed, and line 12 patty-pans. Cream the butter and sugar until thick and white, stir in the yolk of the egg, add the cakecrumbs, cherries, peel, and cornflour. Whisk the white of egg stiffly, stir it in lightly, and fill the patty-cases with the preparation. Cross 2 narrow strips of paste on the top of each tartlet, and bake for about 20 minutes in a moderate oven.

Time.—To prepare and bake, from 1 to 1¼ hours. Average Cost, 1*s.* 2*d.* Sufficient for 12 small tartlets.

TARTLETS, FILBERT.

Ingredients.—Short crust or rough puff paste, 3 ozs. of filberts, 1 oz. of ground almonds, 3 ozs. of castor sugar, ½ oz. of cornflour, 4 yolks of eggs, ½ gill of cream or milk.

Method.—Blanch and peel the nuts and chop them finely. Mix the cornflour smoothly with the milk, and stir it over the fire until it thickens. Cream the yolks of eggs and sugar together until thick and smooth, add the prepared nuts and almonds, then stir in the cornflour and milk. Put the mixture into 12 patty-pans lined with paste, fix 2 thin strips of paste across each tartlet, brush over with milk, and dredge with castor sugar. Bake in a moderate oven for about 20 minutes.

Time.—About 40 minutes. Average Cost, 9*d.* or 10*d.*, exclusive of the paste. Sufficient for 12 tartlets.

TARTLETS, GRANVILLE.

Ingredients.—Flaky or short crust paste, 3 ozs. of castor sugar, 2 ozs. of butter, 2 ozs. of currants cleaned and picked, 1 oz. of ground rice, 1 oz. of finely-shredded candied peel, 3 ozs. of cakecrumbs, 1 oz. of desiccated cocoanut, 2 whites of eggs, 1 tablespoonful of cream, lemon essence, transparent icing.

Method.—Cream the butter and sugar together until thick and smooth, add the currants, ground rice, peel, cakecrumbs, cream, 4 or 5 drops of lemon essence, and lastly, the stiffly-whipped whites of eggs. Line 18 small oval tartlet moulds with paste, fill them with the preparation, and bake from 15 to 20 minutes in a moderate oven. When cool, mask the tartlets with icing, and sprinkle them with desiccated cocoanut.

Time.—To bake, from 15 to 20 minutes. Average Cost, 1*s.*, exclusive of the paste. Sufficient for 18 tartlets.

TARTLETS, PARISIAN.

Ingredients.—Short crust, 3 ozs. of butter, 3 ozs. of castor sugar, 2 ozs. of cakecrumbs, 1 oz. of cornflour, 1 oz. of ground almonds, 2 small eggs, 2 tablespoonfuls of cream, 1 dessertspoonful of lemon-juice, ½ a teaspoonful of ground cinnamon.

Method.—Cream the butter and sugar well together until thick and smooth, add the eggs separately, and beat well. Mix the cream and cornflour smoothly together, stir the ingredients into the mixture, add the ground almonds, cakecrumbs, cinnamon, and lemon-juice, and mix well together. Line 12 tartlet-moulds with paste, fill them with the preparation, and bake in a moderate oven from 15 to 20 minutes. When about ¾ baked, dredge them well with castor sugar.

Time.—30 to 40 minutes. Average Cost, 10*d.*, exclusive of the paste. Sufficient for 12 tartlets.

TARTLETS, POLISH.

Ingredients.—Puff paste, trimmings, raspberry and apricot jam, chopped pistachios, grated cocoanut.

Method.—Roll the paste out thinly, cut it into 2½ inch squares, moisten each corner, fold them over to meet in the centre, and cover the join with a small round of paste. Bake in a moderately hot oven for about 15 minutes. When cold place a little jam at each corner, and sprinkle cocoanut on the raspberry jam, and a little finely-chopped pistachio nut on the apricot jam.

Time.—To bake, from 10 to 15 minutes.

TARTLETS, ST. CLOUD.

Ingredients.—Short paste crust, puff paste or puff paste trimmings, ½ lb. of greengage jam, castor sugar, vanilla sugar, ½ gill of cream, glacé cherries, angelica.

Method.—Line the patty-pans with short paste, brush the edges lightly over with beaten egg or water, and sprinkle with castor sugar. Fill them with jam, and bake in a moderately hot oven from 10 to 15 minutes. Roll the puff paste out to about ⅛ of an inch or less in thickness, and stamp out some rings fully ½ an inch less in diameter than the tartlets. Brush them over with milk, turn the wet side on to the castor sugar, and place on the baking-sheet sugared side upwards. Bake in a quick oven; when cold, place the rings of paste on the tartlets, and fill the centre with cream, stiffly-whipped and sweetened with vanilla sugar. Place half a glacé cherry in the centre of each, and insert a few strips or leaves of angelica to complete the decoration.

Time.—About 1¼ hours. Average Cost, 1*s.* 4*d.* to 1*s.* 6*d.* Sufficient for 8 or 9 tartlets.

TEA BREAD.

Ingredients.—2 lbs. of flour, ¼ lb. of butter, ¼ lb. of sugar, ¼ oz. of salt, 1½ ozs. of yeast, 1½ pints of milk and water, 4 yolks of eggs.

Method.—Make the milk and water luke-warm, turn it into a convenient-sized basin, dissolve the yeast and 2 ozs. of the sugar in it, stir in ¼ lb. of flour, cover over with a clean cloth, and stand aside in a warm place for 20 minutes. While this is standing, weigh the remainder of the flour on to the board, rub the butter into it with the hands, then make a bay, add the other 2 ozs. of sugar, the yolks of eggs, and the salt in fine powder, and then, if the ferment is ready, put it into the bay, wet up into a smooth paste, give it a good kneading, then cover over with a clean cloth and leave it to prove. When well proved, divide up into pieces about 2 ozs. in weight, and form them into various shapes—twists, crescents, scrolls, rosettes, or any other shape fancy may suggest. As these are formed, set them on to a clean tin, cover them over and leave to prove. When well proved, wash them over with a beaten-up egg, and bake in a moderately warm oven to a nice colour.

These rolls are very much appreciated for afternoon tea, tennis and garden parties, and are an excellent adjunct to coffee cut up into slices and dried in the oven as rusks.

Time.—About 2 hours. Average Cost, 1*s.* 8*d.* Sufficient for 30 to 40 rolls.

TEA CREAM.

Ingredients.—1 oz. of good tea, ¾ ozs. of gelatine, ½ pint of milk, ½ pint of cream, sugar to taste.

Method.—Bring the milk to boiling point, pour it over the tea, let it infuse for 20 minutes, then strain and add half the cream. Dissolve the gelatine in a little boiling water, strain it into the cream, and sweeten to taste. Whip the remainder of the cream stiffly, stir it into the tea, etc., when sufficiently cool. Pour into a mould rinsed with cold water, and let set.

Time.—About 1 hour. Average Cost, 2*s.* Sufficient for 4 or 5 persons.

TEA CREAM ICE.

Ingredients.—½ pint of strong tea, 1 pint of custard (*see* Custard for Cream Ices), 1 tablespoonful of thick cream, 2 ozs. of castor sugar.

Method.—Strain the tea, add the sugar, and let it cool. Prepare the custard according to the recipe, add the tea, when cool stir in the cream, and freeze in the usual way.

Time.—30 to 35 minutes. Average Cost, 1*s.* 2*d.* Sufficient for 7 or 8 persons.

TEA ICE CREAM, AMERICAN.

Ingredients.—2 tablespoonfuls of dry tea, 1 pint of milk, ½ pint of cream, 6 ozs. of castor sugar, 4 whole eggs, 1 inch of vanilla pod.

Method.—Bring the milk and vanilla pod to boiling point, infuse for a few minutes, then pour it over the tea; allow it to remain closely covered for 5 minutes, and strain. Beat the eggs well, add the castor sugar, and continue the beating until perfectly smooth, then stir in the prepared tea. Put this mixture into a stewpan, and stir by the side of the fire until it thickens. Strain into a basin; when cool, add the stiffly-whipped cream and freeze in the usual way.

Time.—From 35 to 40 minutes. Average Cost, 1*s*. 6*d*. Sufficient for 7 or 8 persons.

TEA, TO MAKE.

In order to make good tea it is necessary that the water should be quite boiling, but it must on no account be water that has boiled for some time, or been previously boiled, cooled, and then re-boiled. It is a good plan to empty the kettle and refill it with fresh cold water, and make the tea the moment it reaches boiling point. Soft water makes the best tea, and boiling softens the water, but after it has boiled for some time it again becomes hard. When water is very hard, a tiny pinch of carbonate of soda may be put into the teapot with the tea, but it must be used very sparingly, otherwise it may impart a very unpleasant taste to the beverage. Tea is better made in an earthen than a metal pot. One good teaspoonful of tea will be found sufficient for two small cups, if made with boiling water and allowed to stand 3 or 4 minutes; longer than this it should never be allowed to stand. The delicate flavour of the tea may be preserved, and injurious effects avoided by pouring the tea, after it has stood 3 or 4 minutes, into a clean teapot which has been previously heated.

TEA-CAKES.

Ingredients.—2 lbs. of flour, ½ a teaspoonful of salt, ¼ lb. of butter or lard, 1 egg, ½ oz. of distillery yeast, warm milk.

Method.—Put the flour, which should be perfectly dry, into a basin, mix with it the salt, and rub in the butter or lard; make a bay, pour in the yeast, dissolved in a little warm milk, add the egg, and then sufficient warm milk to make the whole into a smooth paste, and knead it well. Let it rise near the fire, and when well risen form it into cakes; place them in tins, let them rise again before placing them in the oven, and bake from a ¼ to ½ an hour in a moderate oven. These cakes are also very nice with the addition of a few currants and a little sugar to the other ingredients, which should be put in after the paste is moistened. The cakes should be buttered and eaten hot as soon as baked; but, when stale, they are very nice split and toasted; or, if dipped in milk, or even water, and covered with a basin in the oven till hot, they will be almost equal to new.

Time.—¼ to ½ an hour. Average Cost, 10*d*. Sufficient to make 8 tea-cakes.

TEA-CAKES, SMALL.

Ingredients.—2 teacupfuls of flour, 1 teacupful of ground rice, 1½ ozs. of moist sugar, 2 ozs. of butter, 2 ozs. of lard or dripping, 2 eggs, lemon to taste.

Method.—Melt the butter and lard, beat well, and add the mixture to the flour and rice; then put in the eggs and sugar, well beating them together with a wooden spoon, and using a little milk if necessary to give the proper consistency; then bake in small cakes on a tin in a quick oven.

Time.—15 minutes to bake. Average Cost, 9*d*. Sufficient for 12 or 14 small tea-cakes.

TEA-CAKES, TO TOAST.

Method.—Cut each tea-cake into 3 or 4 slices, according to its thickness; toast them on both sides before a nice clear fire, and as each slice is done, spread it with butter on both sides. When a cake is toasted, pile the slices one on the top of the other, cut them into quarters, put them on a very hot plate, and send the cakes immediately to table. As they are wanted, send them in hot, 1 or 2 at a time, for they spoil if allowed to stand unless kept in a muffin-plate over a basin of boiling water.

TEAL, ROASTED.

Ingredients.—Teal, butter for basting, good brown gravy, orange savoury sauce, watercress, lemons.

Method.—Pluck, draw, and truss the teal for roasting. Brush them over with hot butter, and roast before a clear fire from 25 to 30 minutes, basting frequently. Serve on a hot dish, garnish with watercress and quarters of lemon, and send the sauce to table in a sauce-boat.

Time.—From 25 to 30 minutes. Average Cost, from *2s.* each. Seasonable from October to March 15th; best after the frost has set in.

TENCH, BAKED.

Ingredients.—1 tench, 3 ozs. of butter or fat, 2 shallots finely chopped, 2 lemons, ½ pint of white sauce, 1 tablespoonful of coarsely-chopped gherkin, salt and pepper.

Method.—Scale and clean the fish thoroughly, remove the gills, which are always muddy, then sprinkle the fish liberally with lemon-juice, and put it aside for 1 hour. Melt the butter in a baking-dish, put in the fish, and baste it well, sprinkle with salt and pepper, and add the shallots. Cover the fish with a greased paper, and bake gently from 25 to 35 minutes, according to size. Make the sauce as directed, add the gherkin and a tablespoonful of lemon-juice, and season to taste. Serve the fish with the sauce poured over.

Time.—About ½ an hour. Average Cost, uncertain, tench being seldom offered for sale. Sufficient for 2 or 3 persons. Seasonable from November to March.

TERRAPIN STEW (American Recipe).

Ingredients.—1 large terrapin, ½ pint of cream, ¼ pint of sherry, ⅛ pint of water, the yolks of 3 hard-boiled eggs, 1½ tablespoonfuls of butter, 1 teaspoonful of lemon-juice, 1 teaspoonful of salt, ¼ of a teaspoonful of mixed cayenne, ground mace, pepper, and allspice.

Method.—Cut the meat of the terrapin into small pieces, place in a stewpan, add the water, butter, salt, mixed spices, and liquor drained from the shell, and simmer for 20 minutes. Pass the yolks of eggs through a fine sieve, mix with them the cream, add the lemon-juice and sherry, and mix the whole with the contents of the stewpan. Make thoroughly hot and serve.

Time.—To re-heat the terrapin, about ½ an hour. Average Cost, *2s. 6d.* to *10s.*, according to season and locality. Sufficient for 3 persons. Seasonable.—Obtainable all the year.

TERRAPIN, TO BOIL (American Recipe).

Ingredients. — Terrapins and water.

Method. — The terrapins are either killed by plunging them into boiling water like lobsters, or after cutting off the head, the body is soaked in cold water for about ½ an hour, and afterwards boiled from ½ an hour to 2 hours, according to size and age. When sufficiently cooked, the legs can be broken with a slight pressure and the shell will separate easily. The liver, gall-bladder, and sand-bag must be taken away, also the head when not cut off before cooking, and the film surrounding the eggs. What remains is edible, and the water in the shell should be preserved.

THICK SOUP (For Sickroom).

INGREDIENTS.—½ lb. of gravy beef, 1 pint of water, 2 tablespoonfuls of almond flour or gluten flour, 1 tablespoonful of cabbage cooked and chopped, 1 tablespoonful of cream, salt to taste.

METHOD.—Cut the meat into small pieces, and simmer it in the water for 1½ hours. Strain, replace in the stewpan, add the almond flour or gluten flour mixed smoothly with a little cold water, and stir until boiling. Stir and cook gently for about 10 minutes, add the cabbage and cream, and season to taste.

TIME.—2 hours.

THRUSH, TO ROAST.

INGREDIENTS. — Thrush, butter for basting, gravy, watercress, croûtes.

METHOD.—After trussing the birds cover each breast with well-buttered paper instead of bacon, which would impair the delicate flavour of the birds. Place them side by side on a skewer, baste well with hot butter and roast before a clear fire for about 10 minutes, basting almost continuously with butter. Serve on croûtes, garnish with watercress, and send the gravy to table separately.

TIME.—To roast the birds, about 10 minutes. AVERAGE COST, uncertain, thrush being seldom sold. Allow 2 to each person.

THYME AND LEMON THYME.

Both these species belong to the natural order *Labiatae*, or mint tribe. The leaves of the *Thymus vulgaris* possess a highly aromatic flavour, and should be sparingly used. Lemon thyme, or *Thymus citriodorus*, is a trailing evergreen of much smaller growth than the ordinary common kind, and is remarkable for its smell, which closely resembles that of the rind of a lemon, hence its distinctive name.

TIPPAREE JELLY.

INGREDIENTS. — Tipparee pods (Cape gooseberries), sugar, lemon-juice.

METHOD.—Wipe the pods, cover them with cold water, simmer gently until soft, then drain through a jelly bag, but do not squeeze the pulp. Measure the liquor ; to each pint add 1 lb. of sugar and 1 dessertspoonful of lemon-juice, and simmer gently for ½ an hour, skimming meanwhile. Pour the jelly into prepared moulds, or into jars if not required for immediate use.

TIME.—About 2 hours. AVERAGE COST, uncertain.

TIPSY CAKE.

INGREDIENTS.—8 sponge cakes, raspberry jam, 1 pint of boiled custard, ¼ pint of sherry.

METHOD.—Split the cakes, spread on a good layer of jam, replace the halves, arrange them compactly in a dish, giving them as far as possible the appearance of one large cake. Pour over the sherry, and let them soak for 1 hour. Make the custard as directed, and, when cool, pour it over. The cake may be garnished with cherries, angelica, chopped pistachios, or baked almonds.

TIME.—About 1¼ hours. AVERAGE COST, 1s. 9*d*. SUFFICIENT for 6 or 7 persons.

TIPSY PUDDINGS.

INGREDIENTS.—3 ozs. of flour, 3 ozs. of castor sugar, 3 eggs, 3 or 4 tablespoonfuls of rum, desiccated cocoanut.

METHOD.—Beat the eggs and sugar together until thick and smooth, and stir in the flour as lightly as possible. Coat 6 or 7 well-buttered dariol moulds thickly with castor sugar, fill them three-quarters full with the mixture, and bake in a moderately hot oven. When cooked, baste them with rum sweetened to taste, sprinkle lightly with cocoanut, and serve cold.

TIME.—About 20 minutes. AVERAGE COST, 9*d*. SUFFICIENT for 6 or 7 persons.

TOAD-IN-THE-HOLE.

INGREDIENTS.—1 lb. of beefsteak (cut up small), 4 ozs. of flour, ½ pint of milk, 1 egg, salt, dripping.

METHOD.—Mix the flour, milk, egg, and a little salt into a smooth batter. Put into a Yorkshire pudding tin sufficient dripping to form a thin layer when melted, pour in about ¼ of the batter, and bake until set. Then add the meat, season it with salt and pepper, pour in the remainder of the batter, bake quickly until it has risen and set, and then more slowly until sufficiently cooked. Serve in squares arranged neatly overlapping each other on a hot dish.

TIME.—To bake, about 1 hour. AVERAGE COST, 1*s*. 3*d*. to 1*s*. 5*d*. SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

TOAD-IN-THE-HOLE (Preserved Meat).

INGREDIENTS.—1 lb. of beef or mutton, 4 ozs. of flour, 1 egg, ½ pint of milk, ½ a teaspoonful of salt, dripping.

METHOD.—Cut the meat into 6 or 8 slices. Make a smooth batter of the flour, egg, salt, and milk, and let it stand for half an hour. In a Yorkshire pudding tin melt sufficient dripping to form a layer on the bottom, pour in about ¼ of the batter and bake until slightly set. Season the pieces of meat well with pepper, and also a little salt if necessary, place them in the tin, pour in the remainder of the batter, and bake in a hot oven for 25 or 30 minutes, or until the batter is sufficiently browned.

TIME.—40 minutes. AVERAGE COST, 10*d*. SUFFICIENT for 5 persons.

TOAST CURRIED (Chafing Dish Cookery).

INGREDIENTS.—1 sandwich loaf, curry or mulligatawny paste, and anchovy or bloater paste.

METHOD.—Cut 4 slices from the sandwich loaf, not too thin, and toast them in front of a clear fire; trim off the crusts and butter each slice; then spread with a mixture composed of equal proportions of curry or mulligatawny and anchovy or bloater paste. Cut the prepared toast into fingers, place it in a hot chafing dish to heat it: the toast is then ready to serve.

TIME.—10 minutes. AVERAGE COST, 6*d*. SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

TOAST, DRY, TO MAKE.

METHOD.—To make dry toast properly, a great deal of attention is required; much more, indeed, than people generally suppose. Never use new bread for making any kind of toast, as it is moist and tough, and, in addition, is very extravagant. Procure a loaf of household bread about two days old; cut off as many slices as may be required, not quite ¼ of an inch in thickness; trim off the crusts and ragged edges, put the bread on a toasting-fork, and hold it before a very clear fire. Toast it carefully until the bread is nicely coloured, then turn it and toast the other side, but do not hold it so close to the fire that it blackens. Dry toast should be made more gradually than buttered toast, as its best feature is its crispness, and this cannot be attained unless the process is slow, and the bread is allowed gradually to colour. Toast should never be made long before it is wanted, as it soon becomes tough unless placed on a fender in front of the fire. Directly each piece is ready, it should be put into a rack or stood upon its edges and sent quickly to table.

TOAST, HOT BUTTERED, TO MAKE.

Method.—A loaf of household bread about 2 days old answers for making toast better than cottage bread, the latter not being a good shape and too crusty for the purpose. Cut as many nice even slices as may be required, rather more than a ¼ inch in thickness, and toast them before a very bright fire without allowing the bread to blacken, which spoils both the appearance and flavour of toast. When both sides are nicely coloured, put the toast on a hot plate; divide some good butter into small pieces, place these on the toast, set this before the fire, and when the butter is just beginning to melt spread it lightly over the toast. Trim off the crust and ragged edges, divide each round into 4 pieces, and send the toast quickly to table. Some persons cut the pieces of toast across from corner to corner, thus making the pieces of a three-cornered shape. Soyer recommends that each slice should be cut into pieces as soon as it is buttered, and when all are ready, that they should be piled lightly on the dish they are intended to be served on. He says that by cutting through 3 or 4 slices at a time all the butter is squeezed out of the upper ones, while the bottom one is swimming in fat liquid. It is highly essential to use good butter for making this dish.

TOAST WATER (For Invalids).

Ingredients.—1 crust of bread, 1 pint of cold water.

Method.—Toast the bread very brown and hard, but do not burn it, or it will impart a disagreeable flavour to the water. Put it into a jug, pour over it the cold water, let it soak for 1 hour, then strain and use.

Time.—1½ hours.

TOFFEE.

Ingredients. — 1 lb. of loaf sugar, ¼ pint of water, a pinch of cream of tartar, lemon essence or other flavouring.

Method.—Put the water and sugar into a sugar-boiler or stewpan, stir occasionally until dissolved, bring to the boiling point, and add the cream of tartar. Boil to the "little crack" degree (310°), pour into an oiled tin, allow it to cool slightly, then mark off into diamonds or squares with a knife, and when cold divide into sections thus formed.

TOFFEE, COCOANUT.

Ingredients.—¾ lb. of granulated sugar, ½ lb. of Demerara sugar, ¼ lb. of desiccated cocoanut, ¼ lb. of glucose, 1½ gills of water, flavouring essence.

Method.—Dissolve the sugar in the water, add the glucose, and boil to the "little crack" degree (*see* Sugar, to Boil). Remove the stewpan from the fire, stir in the cocoanut, and boil to the "large crack" (*see* Sugar, to Boil). Add a few drops of flavouring essence, and pour on to oiled or buttered tins.

TOFFEE, RASPBERRY.

Ingredients.—1 lb. of sugar, 1 gill of cold water, a few drops of cochineal, a few drops of raspberry essence, a pinch of cream of tartar.

Method.—Dissolve the sugar in the water, then add the cream of tartar, bring to boiling point, skim carefully, and boil to the "large crack" (*see* Sugar, to Boil). Remove the stewpan from the fire, stir in the cochineal and raspberry essence, and pour into an oiled or buttered tin. Let it harden stiffly, then mark off into sections, and divide them when cold.

TOFFEE, RUSSIAN.

Ingredients. — ¾ lb. of loaf sugar, ¾ pint of cream, flavouring essence.

Method.—Dissolve the sugar in the cream, stand the stewpan in a bain-marie or tin of boiling water, and stir and cook until the mixture thickens and leaves the sides of the pan. Remove from the fire, stir in the flavouring essence, pour on to oiled or buttered tins, and when cold cut into squares.

TOFFEE, WALNUT.

Ingredients.—2 lbs. of golden syrup, 1 lb. of walnuts, 1 tablespoonful of glucose, a good pinch of carbonate of soda.

Method.—Blanch the walnuts, break them into small pieces or chop them coarsely, and dissolve the carbonate of soda in a small quantity of hot water. Bring the syrup slowly to boiling point, add the glucose, and boil to the "little crack" degree (*see* Sugar, to Boil). Now draw the stewpan aside, stir in the prepared walnuts and carbonate of soda, and at once pour on to an oiled or buttered tin. When sufficiently set, mark into sections, and when perfectly cold, divide and wrap each piece in wax paper.

TOMATO AND ARTICHOKE SALAD.

Ingredients.—Tomatoes, cooked artichoke bottoms (tinned ones will serve), mayonnaise sauce.

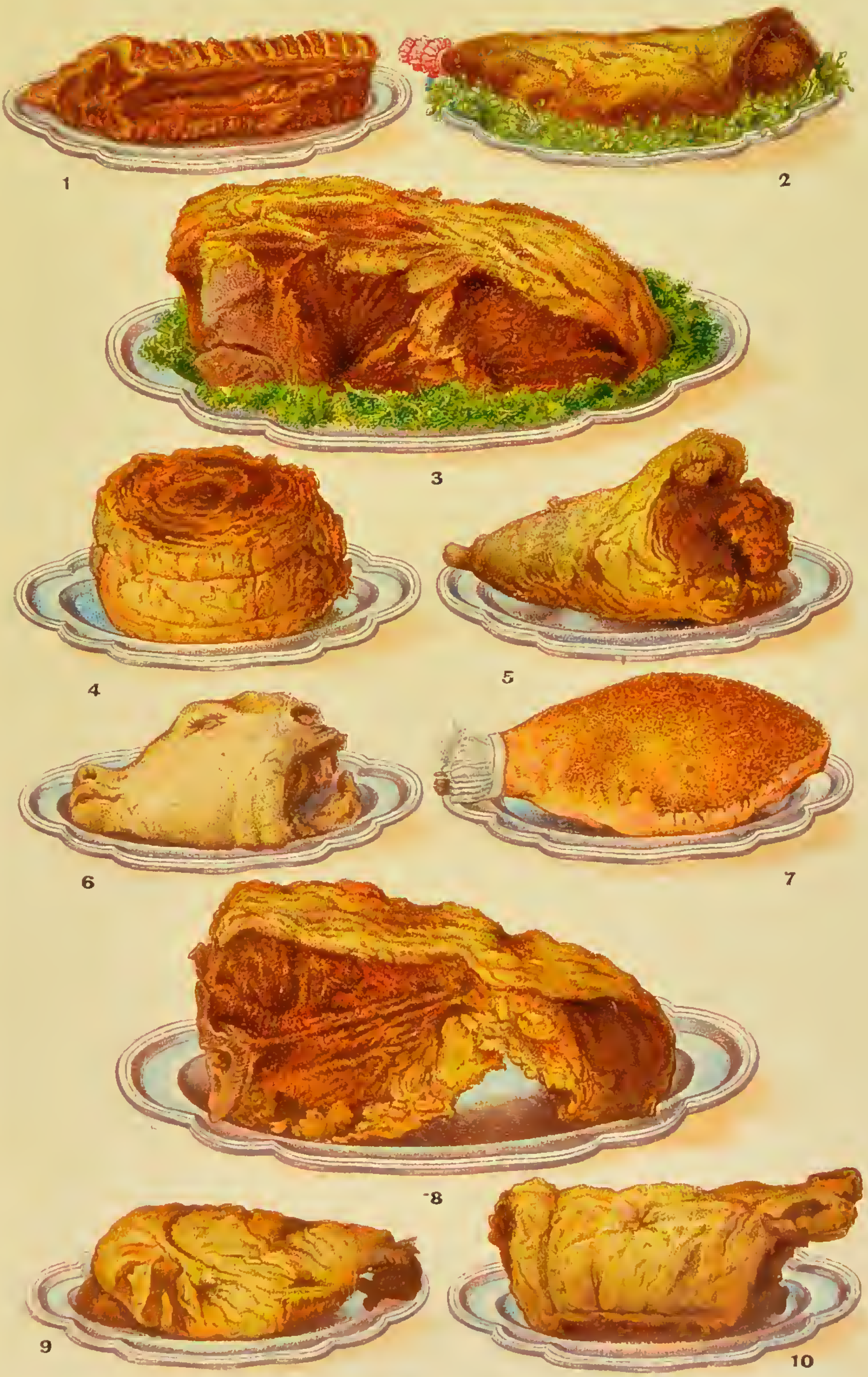
Method. — Split the artichoke bottoms in halves, and slice the tomatoes. Arrange neatly in a salad-bowl or dish, pour over a little sauce and serve.

TOMATO AND LENTIL SOUP.

Ingredients.—2 pints of stock or water, 1 pint of milk, ½ pint lentils, 2 ozs. of lean bacon or ham, 1½ ozs. of butter, 1 oz. of flour, 1 lb. of tomatoes (fresh or preserved), 1 onion, 1 carrot, ½ a turnip, 1 small leek, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, 2 cloves, salt and pepper.

Method.—Wash and soak the lentils for 12 hours, and drain well before using. Slice all the vegetables, and cut the bacon into dice. Melt the butter in a stewpan, put in the ham and all the vegetables, except the tomatoes, and cook slowly for a few minutes, then add the tomatoes and lentils, cover closely, and steam the contents of the stewpan for 15 or 20 minutes. Add the stock or water, bouquet-garni, peppercorns, and cloves, and simmer for 3 hours, or until the lentils are tender. Strain, return to the saucepan, and when boiling add the milk. Mix the flour smoothly with a little stock or milk, and add it to the boiling soup. Stir and simmer for a few minutes to cook the flour, then season to taste and serve.

Time.—4 to 4¼ hours. Average Cost, 11*d*. to 1*s*. without the stock. Sufficient for 5 or 6 persons. Seasonable at any time.



JOINTS—1 Roast Loin of Pork. 2 Roast Haunch of Mutton. 3 Roast Aitchbone of Beef. 4 Round of Beef. 5 Leg of Mutton. 6 Calf's Head. 7 Ham. 8 Sirloin of Beef. 9 Shoulder of Mutton. 10 Saddle of Mutton.

TOMATO AND ONION PIE (Vegetarian Dish).

INGREDIENTS.—2 Spanish onions, 2 lbs. of firm tomatoes, breadcrumbs, butter and seasoning.

METHOD.—Peel the onions, cover them with boiling water, let them remain for at least 2 hours, then drain and dry thoroughly, and cut them into slices. Heat up 1 oz. of butter in a frying-pan, and fry the onions until lightly browned. Slice the tomatoes, place them in alternate layers with the onion into a buttered piedish, sprinkling each layer lightly with salt and pepper, and liberally with breadcrumbs. Cover the whole with a good layer of breadcrumbs, add a few small pieces of butter, and bake in a moderately-hot oven for about 1 hour.

TIME. — Altogether, 4 hours. AVERAGE COST, 1*s.* 6*d.* to 1*s.* 9*d.* SUFFICIENT for 4 or 5 persons.

TOMATO AND ONION SALAD.

INGREDIENTS.—6 tomatoes sliced, 1 large onion, salad dressing.

METHOD.—Boil or bake the onion until three-parts cooked. When cold, chop it not too coarsely, sprinkle it over the sliced tomatoes, add a little salad dressing, then serve.

TOMATO ASPIC.

INGREDIENTS.—½ pint of tomato pulp, ½ oz. of gelatine (previously soaked in water), ½ gill of aspic, and 1 tablespoonful of meat glaze.

METHOD.—Put the above-named ingredients in a saucepan over the fire, stir until it boils, season to taste with salt and a pinch of cayenne pepper, strain the aspic through a cloth or fine sieve, and use as directed.

TIME.—20 minutes. AVERAGE COST, about 1*s.* 3*d.*

TOMATO CHUTNEY.

INGREDIENTS.—6 lbs. of ripe tomatoes, 3 lbs. of sour cooking apples, 4 ozs. of salt, 8 ozs. of brown sugar, 3 pints of vinegar, 6 cloves of garlic, 6 ozs. of ground ginger, 1 oz. of mustard-seed.

METHOD.—Scald the tomatoes, remove the skin, cut them into slices, and put them into an earthenware cooking-pot with the vinegar, salt, and apples, previously peeled, cored, and chopped finely. When the fruit is soft, rub the whole through a sieve, add the sugar, ginger, and mustard-seed, also the garlic (chopped finely), and boil the whole gently from ½ to ¾ of an hour. Pour the contents of the cooking-pot into a jar, cover it, and let it stand in a warm place for about 3 days. Bottle the chutney for use, cork up tightly, and exclude the air. Sultanas or preserved ginger are sometimes added to the above.

TOMATO SALAD.

Scald, drain, and peel the tomatoes, and, when quite cold, slice them rather thinly. Arrange them neatly on a dish, sprinkle them lightly with salt and pepper, and moisten slightly with salad-oil and vinegar.

TOMATOES AND SPINACH.

INGREDIENTS. — Tomatoes, spinach purée, croûtes of fried bread, salt and pepper.

METHOD.—Remove some of the pulp and juice from the tomatoes, fill the cavities with spinach purée highly seasoned with salt and pepper, and bake in a moderately-hot oven until the tomatoes are soft. Serve on the croûtes.

TIME.—To bake the tomatoes, about 10 minutes. AVERAGE COST, 2*d.* to 2½*d.* each. SEASONABLE at any time.

TOMATOES, BAKED.

Ingredients.—8 to 10 tomatoes, pepper and salt to taste, 2 ozs. of butter, breadcrumbs,

Method.—Take the stalks off the tomatoes, cut them in halves, and put them into a deep baking-dish with a seasoning of pepper and salt and butter in the above proportion. Cover the whole with breadcrumbs; drop over these a little clarified butter, bake in a moderate oven from 20 minutes to ½ an hour, and serve very hot. This vegetable, dressed as above, is an exceedingly nice accompaniment to all kinds of roast meats. The tomatoes, instead of being cut in half, may be baked whole, but they will take rather longer time to cook.

Time.—20 to 30 minutes. Sufficient for 5 or 6 persons. Seasonable in August, September and October, but may be obtained all the year round.

TOMATOES, DEVILLED.

Ingredients.—5 or 6 firm tomatoes, 2 ozs. of butter, the yolks of 2 hard-boiled eggs, 2 tablespoonfuls of vinegar, ½ a teaspoonful of made mustard, 1 saltspoonful of salt, 1 saltspoonful of sugar, a good pinch of cayenne, 2 raw eggs, butter for frying.

Method.—Slice the tomatoes, place them in a sauté-pan containing a little hot butter, and let them cook very slowly for a few minutes. Mix the hard-boiled yolks and 2 ozs. of butter together, stir in the vinegar, add the mustard, salt, sugar, and cayenne, and turn the whole into a small stewpan. When thoroughly hot, beat and add the eggs, and stir until the mixture thickens. Place the tomatoes on a hot dish, pour the sauce over, and serve.

Time.—About ½ an hour. Average Cost, 1*s.* 3*d.* to 1*s.* 6*d.* Sufficient for 4 or 5 persons. Seasonable at any time.

TOMATOES, PICKLED.

Ingredients.—Small firm tomatoes, spiced vinegar, moist sugar.

Method.—Prepare the vinegar as directed, and to each quart add 1 dessertspoonful of sugar. Pack the tomatoes loosely in a large jar, cover them with boiling vinegar, and put on a close-fitting lid or plate to keep in the steam. Tie down to completely exclude the air. This pickle will only keep for a short time.

TOMATOES, SAVOURY (*See* Tomatoes, Baked, Tomatoes Stuffed, Tomatoes Stuffed with Mushrooms, and similar Recipes).

TOMATOES, STEWED.

Ingredients. — 8 tomatoes, about ½ pint of good gravy, thickening of butter and flour, cayenne and salt to taste.

Method.—Take out the stalks of the tomatoes, put them into a wide stewpan, pour over them the above proportion of good brown gravy, and stew gently until they are tender, occasionally carefully turning them, that they may be equally done. Thicken the gravy with a little butter and flour worked together on a plate, let it boil for 10 minutes after the thickening is added, then serve.

Time.—From 20 to 25 minutes. Average Cost, from 4*d.* per lb. Sufficient for 4 persons. Seasonable all the year.

TOMATOES, STUFFED.

Ingredients.—6 medium-sized tomatoes, 6 croûtons of fried or toasted bread, 1 heaped tablespoonful of finely-chopped lean cooked ham, ½ a tablespoonful of breadcrumbs, 1 small teaspoonful of grated cheese (preferably Parmesan), 1 teaspoonful of finely-chopped mushrooms, ½ a teaspoonful of finely-chopped parsley, 1 very small onion finely chopped, ½ an oz. of butter, 1 tablespoonful of brown sauce (about), browned breadcrumbs, salt and pepper.

Method.—Remove the stalks of the tomatoes, and scoop out a little of the pulp. Mix together all the above ingredients, except the brown sauce and browned breadcrumbs, in a small stewpan over the fire, adding gradually sufficient brown sauce to slightly moisten the whole. Season to taste, fill the tomatoes with the preparation, sprinkle on the top of each a few browned breadcrumbs, and bake them in a moderate oven for about 15 minutes. Serve on the croûtons, which should be round, and slightly larger than the tomatoes.

Time.—Altogether, about ½ an hour. Average Cost, 1*s.* 3*d.* to 1*s.* 6*d.* Sufficient for 5 or 6 persons. Seasonable at any time.

TOMATOES, STUFFED, WITH MUSHROOMS.

Ingredients.—6 medium-sized tomatoes, 2 tablespoonfuls of finely-chopped mushrooms, 1 tablespoonful of breadcrumbs, ¼ of a teaspoonful of finely-chopped parsley, 1 very small onion finely chopped, 6 croûtons of fried or toasted bread, browned breadcrumbs, 1 oz. of butter, salt and pepper.

Method.—Remove the stalks of the tomatoes, and scoop out a little of the pulp. Melt the butter in a small stewpan, add to it all the ingredients except the browned breadcrumbs, and stir over the fire until thoroughly mixed. Fill the tomatoes with the preparation, sprinkle on a few browned breadcrumbs, bake in a moderate oven for 10 or 15 minutes, and serve on the croûtons.

Time.—Altogether, 30 minutes. Average Cost, 1*s.* 6*d.* to 1*s.* 9*d.* Sufficient for 5 or 6 persons. Seasonable at any time.

TOMATO SANDWICHES.

Ingredients.—Ripe firm tomatoes, creamed butter, white or brown bread, lemon-juice or vinegar, salt and pepper.

Method.—Pour boiling water over the tomatoes, let them remain immersed for 2 minutes, then drain and cover with cold water. Allow them to become quite cold, dry well, remove the skins and slice thinly. Season with salt and pepper, and sprinkle with lemon-juice or vinegar, sparingly or otherwise, according to taste. Have ready some thin slices of bread and butter, stamp out some rounds of suitable size, place slices of tomato between 2 rounds of bread, and press well to make the parts adhere firmly together. Serve on a daintily-covered dish garnished with small salad or watercress.

TOMATO SAUCE.

Ingredients.—1 lb. of tomatoes, 2 shallots, 1 bay-leaf, 1 sprig of thyme, 10 peppercorns, 1 oz. of butter, 2 ozs. of lean ham, 1 tablespoonful of vinegar.

Method.—Melt the butter in a stewpan, add the ham cut small, and the shallots chopped. Cook over the fire, but do not brown. Now add the seasoning, herbs, peppercorns, and tomatoes sliced, stir altogether, and boil for about 20 minutes, or until well reduced. Pass the sauce through a tammy-cloth, warm up, season, and serve.

Time.—From 30 to 35 minutes. Average Cost, 7*d.* to 8*d.*

TOMATO SAUCE (Another Method).

Ingredients.—2 lbs. of tomatoes, ¼ pint of good stock, 1 small onion sliced, a bouquet-garni (parsley, thyme, bay-leaf), 1 oz. of butter, ½ oz. of flour, sugar, salt and pepper.

Method.—Halve the tomatoes, squeeze out the juice, strain and put it aside. Put the prepared tomatoes into a stewpan, add the stock, onion, bouquet-garni, and a little salt and pepper, simmer very gently for 1 hour, then pass through a fine sieve. Melt the butter. stir in the flour, cook for 2 or 3 minutes, then add the tomato pulp and as much of the strained tomato-juice as may be necessary to obtain the desired consistency. Add a pinch of sugar, season to taste, make thoroughly hot, and serve.

Time.—About 1¼ hours. Average Cost, 8*d.* to 10*d.*, in addition to the stock.

TOMATO SAUCE (Another Method, for Vegetarian Dish).

Ingredients.—4 or 6 tomatoes, ½ oz. of butter, ½ oz. of flour, ½ pint of water, seasoning.

Method.—Prepare the tomatoes as in the preceding recipe, or peel and quarter them, removing the core and pips before they are cooked. Make ¼ pint of melted butter with the above ingredients, add the tomatoes and the seasoning, give the mixture one boil, and serve. Some persons like to add a flavour of onion, which should be cooked with the tomato and then removed.

Time.—½ an hour. Average Cost, 6*d.* to 8*d.*

TOMATO SOUP.

Ingredients.—1 quart of second stock or water, 2 lbs. of tomatoes, either fresh or tinned, 2 ozs. of lean ham (this may be omitted when using stock), 1 oz. of butter, 1 tablespoonful of fine sago, 1 onion, 1 carrot, or bouquet-garni (parsley, thyme, bay-leaf), salt, pepper, castor sugar.

Method.—Slice the tomatoes, onion, and carrot ; cut the ham into small dice cubes. Melt the butter, add to it the ham, carrot, and onion, fry for 5 minutes, put in the tomatoes and herbs, and cook for 15 minutes longer. Pour in the stock or water, and cook gently until the vegetables are tender, then rub the ingredients through a wire sieve. Return the soup to the stewpan, and when boiling sprinkle in the sago and cook until it becomes transparent. Season to taste, add a good pinch of sugar, and serve. Croûtons, or small slices of fried or toasted bread, should be served separately.

Time.—About 1 hour. Average Cost, 9*d.* to 10*d.* without the stock. Sufficient for 6 persons. Seasonable at any time, but more especially in summer.

TOMATO SOUP (without meat).

Ingredients.—2 lbs. of fresh tomatoes, 1 Spanish onion, a small bunch of mixed herbs, 3 pints of water, salt and pepper, 1 oz. of crushed tapioca or, semolina, 2 ozs. of butter.

Method.—Peel and slice the onion, cut the tomatoes into small slices. Fry the onion a nice light brown in the butter, add the tomatoes, and fry them a little, then put in the water and the bunch of herbs. Allow all to cook till tender, rub through a hair sieve, return to the stewpan, season to taste with salt and pepper. When boiling, gradually add the tapioca or semolina, and cook for 10 minutes longer. Serve with small croûtons of fried bread.

TIME.—1 hour. AVERAGE COST, 1*s*. 3*d*. to 1*s*. 7*d*. SEASONABLE at any time. SUFFICIENT for 6 persons.

TONGUE, BOILED.

INGREDIENTS.—1 tongue, a bunch of savoury herbs, water.

METHOD.—In choosing a tongue, ascertain how long it has been dried or pickled, and select one with a smooth skin, which denotes its being young and tender. If a dried one and rather hard, soak it at least for 12 hours previous to cooking it; if, however, the tongue is fresh from the pickle, 2 or 3 hours will be sufficient for it to remain in soak. Put the tongue into a stewpan with plenty of cold water, and a bunch of savoury herbs, let it gradually come to a boil, skim well, and simmer very gently until tender. Peel off the skin, garnish with tufts of cauliflowers or Brussels sprouts, and serve. Boiled tongue is frequently sent to table with boiled poultry, instead of ham, and is preferred by many. If the tongue is to be served cold, peel it, fasten it down to a piece of board by sticking a fork through the root, and another through the top to straighten it. When cold, glaze it, put a paper ruche round the root, and garnish with tufts of parsley.

TIME.—A large smoked tongue, 4 to 4½ hours; a small one, 2½ to 3 hours. A large, unsmoked tongue, 3 to 3½ hours; a small one, 2 to 2½ hours. AVERAGE COST, for a moderate-sized tongue, 5*s*. to 6*s*. 6*d*.

TONGUE, CURRIED (Tinned Food).

INGREDIENTS.—1 tin of sheep's tongues or the remains of an ox tongue, ⅓ pint of curry sauce, well boiled rice, lemon-juice.

METHOD.—Remove the tongues carefully from the tin, strip off the skin, and slice rather thinly. Make the sauce as directed, put in the sliced tongue, and when thoroughly impregnated with the flavour of the sauce, serve either surrounded or accompanied by the rice.

TIME.—About ½ an hour. AVERAGE COST, 1*s*. 3*d*. SUFFICIENT for 4 persons.

TONGUES, TO CURE.

INGREDIENTS.—For a tongue of 7 lbs., 1 oz. of saltpetre, ½ oz. of black pepper, 4 ozs. of sugar, 3 ozs. of juniper berries, 6 ozs. of salt.

METHOD.—Rub the above ingredients well into the tongue, let it remain in the pickle for 10 or 14 days, then drain it, tie it up in brown paper, and have it smoked for about 20 days over a wood fire. It may be boiled without smoking if liked.

TIME.—From 10 to 14 days, to remain in pickle; to be smoked 24 days. AVERAGE COST, for a medium-sized uncured tongue, 3*s*. 6*d*.

TRANSPARENT PUDDING.

INGREDIENTS.—3 yolks of eggs, 2 ozs. of castor sugar, 2 ozs. of butter, apricot jam.

METHOD.—Cream the butter and sugar together until thick and smooth, then add each egg separately, beating meanwhile. Place a layer of this preparation in the bottom of 6 well-buttered dariol moulds, add to each a dessertspoonful of apricot jam, and cover with the remainder of the mixture. Steam from 20 to 25 minutes, let them cool slightly before turning them out, to lessen the probability of their breaking, and serve with custard sauce.

TIME.—About 50 minutes. AVERAGE COST, 9*d*. SUFFICIENT for 4 or 5 persons.

TRANSPARENT SOUP.

Ingredients.—4 lbs. of knuckle of veal, 2 ozs. of blanched almonds finely chopped, 1½ ozs. of vermicelli crushed, 1 blade of mace, salt and pepper, 3 quarts of water.

Method.—Cut the meat into small pieces, break up the bones, put both into a large stirring jar and add the water, prepared almonds, mace, and a little salt and pepper. Cook slowly on the stove or in the oven until reduced to ½ the original quantity, then strain. When cold, remove every particle of fat, boil up the stock, sprinkle in the vermicelli, simmer gently for 10 or 15 minutes, then season to taste, and serve.

Time.—To prepare the stock, 8 hours. Average Cost, 2*s.* 9*d.* Sufficient for 8 persons. Seasonable at any time.

TREACLE CANDY.

Ingredients.—1 pint of treacle, ¾ lb. of brown sugar, 2 ozs. of butter, 1 tablespoonful of vinegar, 1 teaspoonful of carbonate of soda.

Method. — Place the treacle, sugar, butter, and vinegar in a large stewpan, boil until a few drops will harden immediately when dropped into cold water, then stir in the carbonate of soda, previously dissolved in a little hot water. Pour at once into an oiled or buttered tin, turn the edges in as they cool, and as soon as the whole can be handled, pull it until white, draw it into sticks, and cut into short lengths.

TREACLE PUDDING.

Ingredients.—1 lb. of flour, 8 ozs. of finely-chopped suet, 2 ozs. of breadcrumbs, treacle, the grated rind of 1 lemon, 1 teaspoonful of baking-powder, salt.

Method.—Mix the flour, suet, baking-powder, and a good pinch of salt together, and form into a stiff paste with cold water. Divide it into two equal portions ; with one line the basin, from the other portion cut off sufficient paste to form the lid, and roll the remainder out thinly. Put a layer of treacle in the basin, sprinkle liberally with breadcrumbs, and lightly with lemon-rind. From the rolled-out paste cut a round sufficiently large to rather more than cover the treacle, etc., in the basin, moisten the edges of it with water, and join them carefully to the paste lining the basin. Now add another layer of treacle, breadcrumbs, and lemon-rind, and cover with pastry as before. Repeat until the pudding basin is full. then cover with a greased paper, and steam for 2½ hours.

Time.—From 2¾ to 3 hours. Average Cost, 1*s.* Sufficient for 8 or 9 persons.

TREACLE TOFFEE.

Ingredients.—1 pint of treacle, 2 ozs. of brown sugar, 1 oz. of butter, ½ a gill of vinegar, ½ a teaspoonful of carbonate of soda, essence of almonds.

Method.—Place the sugar in a sugar-boiler or stewpan, pour on the vinegar, and when dissolved add the treacle and boil to the " large ball " degree (*see* Sugar, to Boil). Remove the pan from the fire, add the soda dissolved in a little hot water, the butter, almond essence to taste, boil to the " little crack " degree, and pour into an oiled or buttered tin. When partially set, mark into bars or squares, and when quite firm break into sections.

TRIFLE.

Ingredients.—4 sponge cakes, 6 macaroons, 12 ratafias, 2 ozs. of almonds boiled (blanched and shredded), the grated rind of ½ a lemon, ½ pint of custard, ½ pint of cream, 2 whites of eggs, castor sugar, raspberry or strawberry jam, ¼ pint of sherry, glacé cherries, angelica.

Method.—Make the custard as directed, and let it become quite cold. Cut the sponge cakes into rather thick slices, spread half of them with jam, cover with the remainder, and arrange them alternately with the macaroons and ratafias in a glass dish. Pour over the wine, adding a little more if necessary to soak them thoroughly, sprinkle on the lemon-rind, add the almonds, and cover with the custard. Mix the cream and whites of eggs together, whip stiffly, sweeten to taste with castor sugar, pile lightly on the top of the custard, and garnish with halved cherries and strips of angelica.

Time.—About 1½ hours. Average Cost, 3*s.* to 3*s.* 6*d.* Sufficient for 7 or 8 persons.

TRIFLE (Another way).

Ingredients. — 18 Savoy biscuits, 12 ratafias, raspberry jam, ½ pint of boiled custard, 1 wine-glass of sherry, 2 tablespoonfuls of milk, 1 oz. of blanched and shredded almonds, 2 whites of eggs, castor sugar.

Method.—Make the custard as directed, and let it cool. Spread jam on half the biscuits, cover with the others, and arrange them with the ratafias compactly on a glass dish. Mix the sherry and milk together, pour it over the biscuits, stick in the shreds of almonds, and let the preparation soak for 1 hour. Then pour over the custard, pile the stiffly-whisked sweetened whites of eggs on the top, and serve.

Time.—About 2½ hours. Average Cost, 1*s.* 9*d.* to 2*s.* Sufficient for 6 or 7 persons.

TRIPE AND ONIONS.

Ingredients.—2 lbs. of dressed tripe, 2 large onions, ½ pint of milk, ½ pint of water, 1 tablespoonful of flour, 1 teaspoonful of salt and pepper.

Method.—Cut the tripe into 3-inch squares ; put them into a stewpan, cover with cold water, bring to boiling point, and strain. Replace the tripe, add the milk, water and salt, boil up, put in the thinly-sliced onions, and simmer for 3 hours. Twenty minutes before serving have the flour mixed smoothly with a little milk, pour it into the stewpan, stir until boiling, and simmer for 15 minutes. Season to taste, and serve.

Time.—About 3½ hours. Average Cost, 1*s.* 8*d.* Sufficient for 4 or 5 persons.

TRIPE, FRICASSÉE OF.

Ingredients.—1½ lbs. of dressed tripe, 2 Spanish onions cut into dice, ½ a teaspoonful of finely-chopped parsley, 1 oz. of butter, 1 oz. of flour, salt and pepper, milk.

Method.—Wash and dry the tripe, cut it into pieces about 2½ inches square, place them in a stewpan, and cover with equal parts of milk and water. Add a little salt and pepper, and when boiling, put in the onions and parsley and simmer gently. Knead the butter and flour smoothly together, and add it, in small pieces, to the contents of the stewpan when they have cooked 1 hour. Stir until the flour becomes smoothly mixed with the milk, continue cooking for about ¾ of an hour longer, then season to taste, and serve.

Time.—About 2 hours. Average Cost, 1*s.* 5*d.* Sufficient for 3 or 4 persons. Seasonable at any time.

TRIPE, FRIED.

INGREDIENTS.—2 lbs. of dressed tripe, 3 tablespoonfuls of flour, about ¼ pint of milk or water, salt and pepper, dripping.

METHOD.—Mix the milk and flour into a smooth batter, adding a little more milk if the batter is too stiff to run readily from the spoon, and a liberal seasoning of salt and pepper. Cut the tripe into 3-inch squares, dip them into the batter, and fry them until crisp and brown in a little hot dripping in a frying-pan. Onions sliced and fried are frequently served as an accompaniment to this dish.

TIME.—About ½ an hour, to prepare and fry. AVERAGE COST, 1*s*. 6*d*. SUFFICIENT for 4 or 5 persons.

TRIPE SOUP.

INGREDIENTS.—½ lb. of tripe, 1 pint of milk, 1 pint of stock or water, 1 small onion, 1 clove, 1 oz. of butter, ½ oz. of flour, salt and pepper.

METHOD.—Wash the tripe, blend and drain it, and cook it in the milk and stock or water, with the onion and clove, for an hour or till tender; then mince the tripe finely and add it to the broth. Melt the butter, stir in the flour, dilute with 1 gill of milk, stir till it boils and add to the soup. Boil for 10 minutes longer, season slightly, and serve.

TIME.—1½ hours. AVERAGE COST, 7*d*. or 8*d*.

TRIPE, STEWED (Invalid Cookery).

INGREDIENTS.—½ lb. of tripe, ½ pint of milk, 1 oz. of flour, 1 finely-chopped onion, pepper and salt.

METHOD.—Cover the tripe with cold water, bring it to boil, drain well, and cut into 1-inch squares. Replace it in the stewpan, add the milk, onion, and a seasoning of salt and pepper, bring to the boil, and simmer very gently for 2 hours. Ten minutes before serving add the flour mixed smoothly with a little cold milk, stir until boiling, simmer for 5 minutes longer, and serve.

TIME.—2¼ hours. AVERAGE COST, 10*d*.

TRIPE, TO DRESS.

INGREDIENTS.—Tripe, water.

METHOD.—The paunch is always emptied and cleansed in the slaughter house, and seldom offered for sale in an entirely untrimmed condition. When bought in its natural state, it must be repeatedly washed, and afterwards boiled for ten hours or more, during which time the water should be changed at least three times.

TROUT, BAKED.

INGREDIENTS. — 2 trout, veal forcemeat, 3 ozs. of butter, 1 oz. of flour, 1 dessertspoonful of capers, 1 teaspoonful of lemon-juice, ½ a teaspoonful of anchovy essence, pepper and salt.

METHOD.—Clean, scale, empty, and dry the fish. Make the forcemeat as directed, put it inside the trout, and sew up the openings. Place the fish in a baking-tin or dish with 2 ozs. of butter, and bake in a moderate oven for about ½ an hour, basting frequently. Fry the flour and the rest of the butter together, and when the fish is ready remove it to a hot dish, and strain the liquor in the baking-dish on to the flour and butter. Stir until it boils and becomes smooth, then add the capers, lemon-juice, anchovy essence, and season to taste. Simmer for 2 or 3 minutes, then pour over the fish, and serve.

TIME. — 1 hour, altogether.

Average Cost, 1*s*. to 2*s*. per lb. Sufficient for 5 or 6 persons. Seasonable from February to September.

TROUT, BOILED.

Ingredients.—2 medium-sized trout, ⅓ pint of melted butter, 1 tablespoonful of coarsely-chopped gherkin, salt and pepper.

Method.—Empty and wash the trout, barely cover them with hot, but not quite boiling, salted water, and simmer gently from 10 to 12 minutes, according to size. Have the sauce ready, add the gherkin, season to taste, pour over the fish, and serve.

Time.—From 10 to 12 minutes. Average Cost, 1*s*. to 2*s*. per lb. Sufficient for 3 or 4 persons.

TRUFFLE SAUCE.

Ingredients.—3 large truffles, 1 gill of brown sauce, 1 gill of tomato sauce, 1 teaspoonful of anchovy essence, ½ oz. of fresh butter, about 1 glass of sherry.

Method.—Chop the truffles finely, put them in a small stewpan, cover with sherry, add 1 gill of brown sauce and 1 gill of tomato sauce, boil for a few minutes, finish with a teaspoonful of anchovy essence and the fresh butter.

Time.—From 15 to 20 minutes. Average Cost, 1*s*. to 1*s*. 2*d*.

TRUFFLES.

Ingredients.—Truffles, buttered paper.

Method. — Select some fine truffles, and wash and brush them in several waters, until not a particle of sand or grit remains. Wrap each truffle in buttered paper, and bake in a hot oven for quite 1 hour; take off the paper, wipe the truffles, and serve.

Time.—To bake the truffles, 1 hour. Average Cost, 6*s*. to 10*s*. per lb. Seasonable from November to March.

TRUFFLES, WITH ITALIAN SAUCE.

Ingredients.—10 fresh truffles, 1 tablespoonful of minced parsley, 1 minced shallot, salt and pepper to taste, 2 ozs. of butter, 2 tablespoonfuls of good brown gravy, the juice of ½ a lemon, cayenne to taste.

Method.—Wash the truffles, cut them into slices about the size of a penny piece, then put them in a sauté-pan, with the parsley, shallot, salt, pepper, and 1 oz. of butter. Stir them over the fire, that they may all be equally done (about 10 minutes will suffice), then add a tablespoonful of good gravy, the juice of ½ a lemon, and a little cayenne. Stir over the fire until the whole is on the point of boiling, then serve.

Time.—Altogether, 20 minutes. Average Cost, 6*s*. to 10*s*. per lb. Sufficient for 5 persons. Seasonable from November to March.

TURBOT AU GRATIN.

Ingredients.—Remains of cold turbot, Béchamel, or any good white sauce, breadcrumbs, butter.

Method.—Cut the flesh of the turbot into small dice, carefully freeing it from all skin and bone. Put the dice into a stewpan, and moisten with 4 or 5 tablespoonfuls of Béchamel sauce. Let it get thoroughly hot, but do not allow it to boil. Spread the mixture on a dish, cover with finely-grated browned breadcrumbs, and place small pieces of butter over the top. Brown it in the oven, or with a salamander.

Time.—Altogether, ½ an hour. Seasonable at any time.

TURBOT, BOILED.

Ingredients.—1 medium-sized turbot, salt and pepper.

Method.—Empty and wash the fish, trim the fins, but do not cut them off, as the gelatinous parts about them are esteemed a great delicacy. Make an incision down the middle of the back, to lessen the possibility of the skin on the white side cracking, and rub the white side of the fish with a cut lemon to increase its whiteness. Have ready the turbot-kettle, with as much hot water as will cover the fish, add salt to taste, put in the fish, bring gradually to near boiling point, then simmer very gently from 15 to 20 minutes. Garnish with lobster coral, parsley, and cut lemon, and serve with Hollandaise, anchovy, shrimp, or lobster sauce.

Time.—15 to 20 minutes, after the water boils. Average Cost, *7s. 6d.* to 15*s.* Sufficient for 8 or 10 persons. Seasonable at any time.

TURKEY, BLANQUETTE OF.

Ingredients.—The remains of a cold turkey, ¾ pint of stock, 1½ ozs. of butter, 1 oz. of flour, 1 yolk of egg, 2 tablespoonfuls of cream, 1 small onion, 1 small blade of mace, nutmeg, salt and pepper.

Method.—Cut the turkey into neat slices, and set these aside until wanted. Put the bones, trimmings, onion, mace, and a little salt and pepper into a stewpan, cover with cold water, simmer gently for at least 1 hour, and strain. Heat the butter in a stewpan, add the flour, cook for a few minutes without browning, put in the stock, and stir until boiling. Simmer gently for 10 minutes, season to taste, add a pinch of nutmeg, put in the slices of turkey, and let them become quite hot without boiling. Mix the cream and yolk of egg together, add them to the contents of the stewpan, stir gently for about 5 minutes, then serve.

Time.—To re-heat the turkey, about 20 minutes. Average Cost, *6d.* to *8d.*, exclusive of the turkey. Sufficient for 1 dish.

TURKEY, BOILED.

Ingredients.—1 turkey, sausage meat (1 to 2 lbs., according to size of turkey), forcemeat balls, a small head of celery, 1 pint of celery sauce, stock or water, 2 onions, 2 carrots, 1 small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 white peppercorns, salt.

Method.—Prepare and truss the turkey for boiling, stuff the crop with sausage meat, wrap the bird in a well-buttered paper, and put it into a pan containing as much boiling stock or water as will cover it. When the liquor boils, add the onions, carrots, and turnip cut into large pieces, the bouquet-garni, peppercorns, and salt to taste; put on the cover and cook gently from 1½ to 2¼ hours, according to size. Meanwhile, make the forcemeat balls, and fry them in a little hot fat or butter. Cut the celery into neat pieces, and boil in well seasoned stock or water until tender. When the turkey is sufficiently cooked, remove the trussing skewers and strings, place on a hot dish, pour the sauce over, and garnish with groups of celery, dice, and forcemeat balls. If preferred, Béchamel sauce may be substituted for the celery sauce; in any case the quantity provided should be proportionate to the size of the bird. Boiled ham or tongue usually accompanies boiled turkey.

Time.—From 2 to 2½ hours. Average Cost, *6s.* to 20*s.*, according to size of turkey and season.

Seasonable, from September to March. In best condition in December and January.

TURKEY, CROQUETTES OF

(*See* Chicken Croquettes).

TURKEY, DEVILLED.

Ingredients.—Cold roast turkey. For the devilled butter : 1 oz. of butter, ½ a saltspoonful each of cayenne, black pepper, and curry-powder, a pinch of ground ginger, piquant sauce.

Method.—Mix the ingredients for the devilled butter together on a plate. Divide the turkey into pieces convenient for serving, remove all skin, score the flesh deeply, and spread lightly with the butter. Put aside, and let them remain for 1 hour, or longer when a highly-seasoned dish is desired ; then grill over the fire, and serve with piquant or other suitable sauce.

Time.—To grill, about 8 minutes. Average Cost, 8*d*., exclusive of the turkey. Sufficient, one leg will serve 2 persons.

TURKEY, GALANTINE OF

(*See* Fowl Galantine, and use a boned turkey in place of chicken).

TURKEY, HASHED.

Ingredients.—The remains of cold roast turkey, 1½ ozs. of butter, 1½ ozs. of flour, ¾ pint of stock made from bones and trimmings of turkey, salt and pepper, a few drops of liquid caramel.

Method. — Divide the turkey into small neat joints, and put them aside. Put the bones and trimmings into a stewpan with a small onion, a blade of mace, a few peppercorns and a little salt, simmer gently for 2 hours, then strain and use. Melt the butter, stir in the flour, add the stock, and stir until boiling. Let the sauce boil gently for about 10 minutes, in order that the flour may be thoroughly cooked, then season to taste, add the pieces of turkey, draw the stewpan aside, and let it remain for about ½ an hour, where the contents will be kept just below simmering point. Before serving, improve the colour of the sauce by the addition of a few drops of caramel. The dish may be garnished with sippets of toasted bread, or surrounded by a border of mashed potato.

Time.—About 45 minutes after the stock is made. Average Cost, 6*d*., exclusive of the turkey.

Note.—For other methods of re-heating turkey, *see* the numerous recipes for re-heating chicken.

TURKEY, ROASTED.

Ingredients.—1 turkey, 1 to 2 lbs. of sausage meat, 1 to 1½ lbs. of veal forcemeat, 2 or 3 slices of bacon, 1 pint of good gravy, bread sauce, fat for basting.

Method.—Prepare and truss the turkey. Fill the crop with sausage meat, and put the veal forcemeat inside the body of the bird. Skewer the bacon over the breast, baste well with hot fat, and roast in front of a clear fire or in a moderate oven from 1¾ to 2¼ hours, according to age and size of the bird. Baste frequently, and about 20 minutes before serving remove the bacon to allow the breast to brown. Remove the trussing strings, serve on a hot dish, and send the gravy and bread sauce to table in sauce boats.

Time.—From 1¾ to 2¼ hours. Average Cost, 10*s*. to 16*s*. Seasonable from September to February.

TURKEY SOUP.

Ingredients.—2 quarts of white second stock, the remains of a cold roast turkey, 2 ozs. of cooked macaroni, 1½ ozs. of créme de riz (rice-flour), 1 small onion, 1 bay-leaf, 1 small blade of mace, salt and pepper.

Method.—Divide the remains of the turkey and the bones into small pieces, put them into a stewpan with the onion, bay-leaf, mace, and a little salt and pepper or peppercorns, add the stock, and simmer gently for 3 hours. Strain, return to the saucepan, add the créme de riz, previously blended smoothly with a little cold stock or milk, stir and boil gently for 7 or 8 minutes. Have the macaroni ready boiled and cut into very short lengths, put it into the soup, season to taste, make thoroughly hot, and serve.

Time.—About 3½ hours. Average Cost, 4*d*., in addition to the stock and turkey. Sufficient for 5 or 6 persons. Seasonable in winter.

TURKEY, STEWED OR BRAISED.

Ingredients.—1 small turkey, 2 or 3 slices of bacon, 4 ozs. of butter, 2 onions sliced, 2 carrots sliced, 1 turnip sliced, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, salt and pepper, 1 pint of oyster sauce, stock.

Method.—Truss the bird as for roasting; heat the butter in a stewpan, fry the turkey until the whole surface is well browned, then remove it. Put in the vegetables, bouquet-garni, peppercorns, and a good seasoning of salt, and add stock to nearly cover the whole. Replace the turkey, lay the slices of bacon on the breast, cover closely, and cook gently for about 2 hours, or until the turkey is quite tender. If preferred, brown sauce may be substituted for the oyster sauce, in which case the bird might be stuffed, as when roasted.

Time.—About 2 hours. Average Cost, 6*s*. 6*d*. to 8*s*. 6*d*., exclusive of the sauce. Sufficient for 8 persons. Seasonable, September to February.

TURKEY WITH CHESTNUTS.

Ingredients.—1 turkey, 2 or 3 lbs. of chestnuts, 1 to 1½ lbs. of sausage meat or veal forcemeat, 3 or 4 slices of bacon, ½ pint of stock, 1 pint of good gravy or brown sauce, 2 ozs. of butter, 1 egg, a little cream or milk, salt and pepper.

Method.—Slit the skins of the chestnuts, throw them into boiling water, cook for 15 minutes, then remove the skins. Replace in the stewpan, add the stock, cover closely and simmer gently for nearly 1 hour, or until the chestnuts are tender. Rub them through a fine sieve, add the butter, egg, a good seasoning of salt and pepper, and if the purée appears at all dry, a little cream or milk. Prepare and truss the turkey, stuff the crop with sausage meat or veal farce, and fill the body with the chestnut purée. Skewer the bacon over the breast, baste well with hot fat, and roast before a clear fire or in a moderate oven from 1¾ to 2¼ hours, according to size. Baste well, and shortly before serving remove the bacon in order that the breast may brown. Remove the trussing strings, serve on a hot dish, and send the sauce or gravy to table in a sauce-boat.

Time.—From 1¾ to 2¼ hours. Average Cost, 10*s*. to 16*s*. Seasonable from September to February; in best condition in December and January.

TURKEY, WITH MUSTARD SAUCE.

Ingredients.—2 turkey legs, ½ pint of brown sauce, 1 tablespoonful of made mustard, 1 tablespoonful of piquant sauce.

Method.—Score the legs deeply, pour over them the mustard and piquant sauce. Let them soak for ½ an hour, or longer if preferred, highly seasoned. Make the brown sauce as directed, add to it the legs and the marinade, simmer gently for 20 minutes, then serve on a hot dish with the sauce strained over.

Time.—About 1 hour. Average Cost, *9d.*, exclusive of the turkey. Sufficient for 3 or 4 persons.

TURKISH DELIGHT.

Ingredients.—½ lb. of icing sugar, 1 lb. of loaf sugar, 1 oz. of leaf gelatine, 2 ozs. of almonds or pistachios, 1 orange, 1 lemon, 1 tablespoonful of rum, 1 gill of water.

Method.—Put the gelatine to soak in cold water; blanch the almonds or pistachios, and chop them coarsely. Remove the rinds of the orange and lemon in thin fine strips, place them in a copper sugar-boiler or stewpan with the loaf sugar, water, and the strained juice of the orange and lemon. When boiling add the gelatine, simmer until dissolved, then strain into a basin and add the rum. Let the mixture remain until on the point of setting, then stir in the almonds or pistachios, and pour at once into a wetted round tin. When perfectly set turn the jelly out, cut it into 1-inch square pieces, and roll them in icing sugar.

TURMERIC.

Turmeric is the tuber of the *Cucuma longa*, a branch of the ginger family, extensively cultivated in the East Indies. The tubers are dried and then ground to a fine powder. This condiment enters largely into the composition of curry-powder, and gives to it the peculiar odour and the bright yellow colour which that compound possesses.

TURNIP SALAD.

Ingredients.—Cold boiled turnips, sliced beetroot, salad dressing.

Method. — Slice the turnip thickly, cut the slices into strips, and pile them in a salad-bowl. Pour a little salad dressing over them, and garnish with beetroot.

TURNIP-GREENS, BOILED.

Ingredients.—To each ½ gallon of water allow 1 heaped tablespoonful of salt, turnip-greens.

Method.—Wash the greens well in 2 or 3 waters, pick off all the decayed and dead leaves, tie them in small bunches, and put them into plenty of boiling water, salted in the above proportion. Keep them boiling quickly with the saucepan uncovered, and, when tender, pour them into a colander; let them drain, arrange them in a vegetable-dish, remove the string that the greens were tied with, and serve.

Time.—15 to 20 minutes. Average Cost, *6d.* for 1 dish. Seasonable in March, April and May.

TURNIPS AU GRATIN.

Ingredients.—6 or 8 medium-sized young turnips, 3 ozs. of butter, Béchamel sauce, stock, breadcrumbs, salt and pepper.

Method.—Peel thinly 6 to 8 medium-sized young turnips, cut them into slices, wash and drain them. Melt 2 ozs. of butter in a stewpan; when hot put in the turnips, and stir over a brisk fire, season with pepper and salt, moisten with a little stock, cook till tender, then drain thoroughly. Arrange the slices or the purée in a well-buttered gratin or piedish, sauce over with a well-reduced Béchamel sauce, sprinkle the surface with fine breadcrumbs, and add a few tiny bits of butter. Bake in a sharp oven for about 10 minutes, to brown the top.

TIME.—About 30 minutes. AVERAGE COST, 9*d.* to 1*s.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

TURNIPS, BOILED.

INGREDIENTS.—Turnips; to each ½ gallon of water allow 1 heaped tablespoonful of salt.

METHOD.—Pare the turnips, and, should they be very large, divide them into quarters, but if they are small, let them be cooked whole. Put them into a saucepan of boiling water, salted in the above proportion, and let them boil gently until tender. Try them with a fork, and, when done, take them up in a colander, let them thoroughly drain, and serve. Boiled turnips are usually sent to table with boiled mutton, but are infinitely nicer when mashed than served whole; unless nice and young, they are scarcely worth the trouble of dressing plainly as above.

TIME.—Old turnips, ¾ to 1¼ hours; young ones, about 18 to 20 minutes. AVERAGE COST, one dish, 3*d.* SEASONABLE at any time.

TURNIPS, MASHED.

INGREDIENTS.—10 or 12 large turnips, to each ½ gallon of water allow 1 heaped tablespoonful of salt, 2 ozs. of butter, cayenne or white pepper to taste.

METHOD.—Pare the turnips, put them into boiling water, salted in the above proportion, boil them until tender, then drain them in a colander and squeeze them as dry as possible by pressing them with the back of a large plate. When quite free from water, rub the turnips with a wooden spoon through a sieve, put them into a saucepan, add the butter, white pepper or cayenne, and, if necessary, a little salt. Keep stirring them over the fire until the butter is well incorporated, and the turnips are thoroughly hot, then dish and serve. A little cream or milk added after the turnips are pressed through the sieve is an improvement to both the colour and flavour of this vegetable.

TIME.—From 45 to 60 minutes. AVERAGE COST, 6*d.* SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

TURNIP SOUP.

INGREDIENTS.—2 pints of white second stock or water, 1 pint of milk, 4 large turnips, 2 ozs. of butter, 1 oz. of flour, nutmeg, salt, pepper, and sugar.

METHOD.—Peel the turnips and cut them into thin slices. Melt the butter in a stewpan, add the turnips and let them cook very gently for 15 or 20 minutes; then put in the stock and simmer for 40 minutes, or until the turnips are tender. Rub through a hair sieve, return to the saucepan, add the milk and boil up. Mix the flour smoothly with a little stock or milk, pour into the soup, stir and cook for 5 or 6 minutes, then add a good pinch of sugar, nutmeg, salt and pepper to taste, and serve.

TIME.—1¼ to 1½ hours. AVERAGE COST, 8*d.* to 9*d.*, without stock. SUFFICIENT for 5 or 6 persons. SEASONABLE in winter.

TURTLE SAUCE.

INGREDIENTS.—1½ pints of Espagnole sauce, made from turtle stock, 1 glass of sherry, 1 teaspoonful of anchovy essence, 1 dessertspoonful of lemon-juice, ½ a teaspoonful of chopped lemon-rind, 2 shallots finely chopped, cayenne pepper to taste.

METHOD.—Put all the ingredients into a saucepan, and simmer until considerably reduced, then strain and serve.

TIME.—About ½ an hour. AVERAGE COST, *6d.* to *8d.*, without the turtle stock broth.

TUTTI-FRUTTI, ICED (MIXED FRUIT ICE).

INGREDIENTS.—1 oz. of pistachios blanched and shredded, 1 oz. of glacé cherries, 1 oz. of glacé apricots, ½ oz. of mixed candied peel, all cut into small dice, ½ pint of cream stiffly whipped, ½ gill of Maraschino, 2 whites of eggs stiffly whipped, vanilla essence, 8 ozs. of sugar, 5 yolks of eggs, 1 pint of milk.

METHOD.—Boil the milk, add the yolks of eggs and sugar, stir and cook very gently for a few minutes, then strain, and, when cold, add vanilla essence to taste. Partially freeze, add the whites of eggs, cream, nuts, and fruit, and, when the freezing process is nearly completed, put in the Maraschino.

TIME.—From 3 to 4 hours. AVERAGE COST, *2s. 6d.* to *2s. 9d.* SUFFICIENT for 8 or 9 persons.

VANILLA.

Vanilla is the fruit of a tropical orchid plant, the best varieties of which are now grown in Mexico. The dried, aromatic, sheath-like pod has a delicious fragrance. Its use was first discovered by the Spaniards, but it is now extensively employed as a flavouring for cakes, custards, puddings, chocolates, liqueurs, etc. The most familiar form is the essence of vanilla, extracted from the pod, but its use cannot be recommended, for being volatile, the greater part of its flavour escapes during the process of cooking. It is much better to use vanilla pods or vanilla sugar.

VANILLA BLANCMANGE.

INGREDIENTS.—¾ pint of milk, ½ pint of cream, 4 ozs. of loaf sugar, 1 oz. of leaf gelatine, 4 yolks of eggs, 2 inches of vanilla-pod.

METHOD.—Bring the milk, sugar, and vanilla-pod to boiling point, and simmer gently until sufficiently flavoured. Beat the yolks of eggs slightly, strain on to them the boiling milk, stirring vigorously meanwhile, return to the stewpan, and stir by the side of the fire until the mixture thickens. Dissolve the gelatine in a ¼-pint of water, add it to the custard, and when cool stir in the stiffly-whipped cream. Stand on ice or in a cold place until set.

TIME.—About 1 hour. AVERAGE COST, *1s. 6d.* SUFFICIENT for 6 or 7 persons.

VANILLA BREAD PUDDING (Jewish Recipe).

INGREDIENTS.—Stale bread, 1½ ozs. of sugar, 2 large or 3 small eggs, 1 pint of milk, vanilla essence, salt.

METHOD. — Remove the crust from a thick slice of bread, which should weigh about 4 ozs. when trimmed. Beat the eggs, add the sugar and a pinch of salt, and vanilla essence to taste. Boil the milk, pour it over the eggs, etc., and stir until the sugar is dissolved. Place the bread, cut into thin slices, in a well-buttered pie-dish, pour the preparation over it, cover, let it remain for at least 1 hour, then bake in a moderately-hot oven until it is set and the surface nicely browned. The pudding may be served either hot or cold, and may be easily turned out if this method of serving is desired.

TIME.—About ½ an hour. AVERAGE COST, 6*d.* SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

Note.—If milk bread is available this pudding will be much lighter and more tasty.

VANILLA CAKE.

INGREDIENTS.—¼ lb. of butter, ½ lb. of castor sugar, 3 eggs, ½ a teacupful of new milk, ¾ lb. of dry flour, 1 teaspoonful of baking-powder, essence of vanilla.

METHOD.—Beat the butter to a cream, add the sugar and beaten egg-yolks, beat the mixture for some minutes, then add the whites. Put the baking-powder in the flour, add it to the mixture, and beat well, adding a few drops of essence of vanilla, and using the milk to bring it to proper consistency. Finely cut candied peel may be added, or substituted for the vanilla, if preferred. Put the cake into a buttered tin, and bake for 1 hour.

TIME.—1 hour. AVERAGE COST, 9*d.* SUFFICIENT for 1 cake.

VANILLA CREAM.

INGREDIENTS.—1 pint of cream, 1 oz. of castor sugar, ½ an oz. of leaf gelatine, 1 gill of water, 1 teaspoonful of vanilla essence.

METHOD. — Whip the cream stiffly, add the castor sugar and vanilla essence. Dissolve the gelatine in the water, when cool, strain into the cream, mix well, and pour into the prepared mould. Let it remain on ice or in a cold place until set.

TIME. — About 20 minutes. AVERAGE COST, 2*s.* to 2*s.* 4*d.* SUFFICIENT for 1 medium-sized mould.

VANILLA PUDDING.

Follow the directions given for making custard puddings, and flavour the preparation with vanilla.

VANILLA SAUCE.

INGREDIENTS.—1 pint of milk, 1 egg, 1 oz. of sugar, ½ oz. of cornflour, a few drops of vanilla essence.

METHOD. — Mix the cornflour smoothly with a little of the milk. Have ready a saucepan of boiling water, put the remainder of the milk into a jug, and stand the jug in the boiling water until the milk is quite hot. Add the sugar to the milk, also add the moistened cornflour and stir until it thickens. Beat the egg in a basin, and add 2 or 3 tablespoonfuls of the sauce to it gradually. Pour into the jug and stir for a few minutes to cook the egg, then add the Vanilla essence and serve.

TIME.—40 to 60 minutes. AVERAGE COST, about 3½*d.*

VANILLA SOUFFLÉ.

INGREDIENTS.—1 oz. of fine flour, 1 oz. of butter, 1 gill of milk, 3 yolks of eggs, 4 whites of eggs, 1 dessertspoonful of castor sugar, vanilla essence.

METHOD.—Melt the butter, stir in the flour, add the milk, and cook; stir until the mixture leaves the sides of the stewpan clean. Let this panada cool slightly, add the sugar and vanilla, the yolks of eggs one at a time, and beat well. Whisk the whites to a stiff froth, stir them lightly in, and pour the mixture into a well-buttered soufflé mould. Cover with a buttered paper, and steam very gently for 40 minutes, or bake in a hot oven for half that length of time. Serve with wine or jam sauce.

Time.—1 hour. Average Cost, 8*d.*, exclusive of the sauce. Sufficient for 3 or 4 persons.

VANILLA SUGAR.

Ingredients.—2 lbs. of castor sugar, 1 oz. of vanilla-pod.

Method.—Cut the pod into small pieces, pound with the sugar in a mortar until smooth, then rub through a fine sieve. Unless kept in a perfectly air-tight tin, the sugar will lose much of its flavour.

Average Cost, 2*s.* 6*d.*

VEAL AND HAM PATTIES (Economical.)

Ingredients.—12 ozs. of cooked veal, 4 ozs. of either cooked or raw ham, about ¼ pint of stock or water, the grated rind of 1 lemon, a good pinch of nutmeg, 1 level teaspoonful of salt, 1 level saltspoonful of pepper, puff paste, rough puff.

Method.—Cut the meat into small dice, add to it the salt, pepper, herbs, and moisten with the stock or water. Make the paste as directed, roll it out thinly, and stamp out with a cutter a little larger than the patty-pans as many rounds as possible, and put 12 aside to form the covers. Roll out the cuttings, stamp into rounds, place one in each patty-pan, fill with meat, moisten the edges with water, and put on the covers. Press the edges together, notch them at regular intervals, make a hole in the centre of the top, and decorate with leaves. Brush over with egg or milk, and bake for about 20 minutes in a moderately hot oven.

Time.—20 minutes to bake. Average Cost, 2*d.* each. Sufficient for 12 large patties.

VEAL AND HAM PIE.

Ingredients.—1½ lbs. of lean veal (fillet or cushion part), ¼ lb. of cooked ham, 2 or 3 hard-boiled eggs, about ½ a teaspoonful of mixed dried herbs, a teaspoonful of chopped parsley, a little stock or water, seasoning, puff or rough puff paste.

Method.—Cut the veal into neat slices, free from skin, also cut the ham into suitable slices. Arrange a layer of veal in a piedish, then a layer of ham, and next a layer of thin slices of hard-boiled egg. Season each layer with a very little salt and pepper, dried herbs, and parsley. Continue thus until the dish is quite full. Pour in about 1 gill of stock, or, failing this, water. Cover with paste in the usual manner, decorate the centre tastefully with paste leaves, brush over with egg, and bake in a moderate oven for about 1¼ hours.

Time.—To make and cook, 2 hours. Average Cost, 3*s.* Sufficient for 7 or 8 persons.

VEAL AU GRATIN.

Ingredients.—¾ lb. of cold roast veal finely minced, 1 oz. of butter, 1 oz. of flour, ¾ pint of stock, 1 teaspoonful of lemon-juice, 1 small onion, mace or nutmeg, salt and pepper, breadcrumbs.

Method.—Place any bones and trimmings there may be in a stewpan with the onion, a blade of mace or a little nutmeg, and a seasoning of salt and pepper. Cover with cold water, simmer gently for 1 hour, then strain and add stock or water to make up the ¾ pint. Melt the butter in a stewpan, add the flour, stir and cook slowly until it acquires a pale brown colour, then add the strained stock. Stir until boiling, add the lemon-juice, season to taste, simmer gently for 20 minutes, and add to the meat. Fill well-buttered scallop shells with the preparation, cover it rather thickly with breadcrumbs, and add a few bits of butter. Bake in a moderate oven until the surface is nicely browned, then serve.

TIME.—To bake, from 10 to 15 minutes. AVERAGE COST, 3*d*., in addition to the meat. SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

VEAL, BREAST OF, ROLLED AND STEWED.

INGREDIENTS.—A breast of veal, veal forcemeat, rolls of fried bacon, forcemeat balls, lemon.

METHOD. — Remove the bones and tendons (boil the former down for gravy: *see* recipe Veal-Tendons). Flatten the meat with the cutlet bat or rolling-pin, season well with salt and pepper, spread on a thin layer of forcemeat, roll up tightly, and bind firmly with tape. Have ready boiling in a saucepan sufficient stock or water to cover the joint; if water is used, 1 onion, 1 carrot, ½ a turnip, and a little celery and seasoning should be added when the water boils. Bring to the boil, skim well, and simmer gently for 3 or 3½ hours, according to size. Meanwhile, prepare the gravy, forcemeat balls, and rolls of bacon. When sufficiently cooked, remove the meat to a hot dish, take away the tapes, and garnish with the forcemeat balls, rolls of bacon, and cut lemon. When the veal is not a good colour a little of the brown gravy may be used to partially mask it, otherwise serve the whole in a tureen.

TIME.—From 3½ to 4 hours altogether. AVERAGE COST, 10*d*. per lb. SUFFICIENT, allow 4 lbs. for 5 or 6 persons.

VEAL, BREAST OF, STEWED.

INGREDIENTS.—Breast of veal, 2 onions, 2 small carrots, 1 very small turnip, 12 peppercorns, salt, parsley or piquant sauce.

METHOD.—Put the veal into a saucepan with as much cold water as will cover it, bring to the boil, skim well, add the vegetables cut into dice, and peppercorns, salt to taste, cover closely, and simmer gently for 2½ or 3 hours. To serve, pour a little sauce over the veal and send the remainder to table in a tureen.

TIME.—From 2½ to 3 hours. AVERAGE COST, 9*d*. to 10*d*. per lb. SUFFICIENT, allow 4 lbs. for 8 or 9 persons.

VEAL, BREAST OF, STEWED, WITH PEAS.

INGREDIENTS.—Breast of veal, forcemeat balls (*see* Forcemeat for Savoury Pies), 1 oz. of butter, 1 oz. of flour, 2 tablespoonfuls of mushroom ketchup, 2 tablespoonfuls of tomato sauce, 1 tablespoonful of lemon-juice, 1 tablespoonful of finely-chopped onion, a bouquet-garni (parsley, thyme, bay-leaf), 2 cloves, 2 blades of mace, 6 allspice, 6 peppercorns, and a thin strip of lemon-rind (all these should be tied in a piece of muslin), a few rashers of bacon, 1 pint of shelled peas, 1 or 2 ozs. of dripping, salt and pepper.

METHOD.—Wipe the meat with a clean damp cloth, and cut it into pieces convenient for serving. Melt the dripping in a stewpan, and fry the meat until lightly browned: fry the onion for 2 or 3 minutes, then drain off all the fat. Have ready as much boiling stock or water as will just cover the meat, put it into the stewpan, with the herbs, cloves, mace, allspice, peppercorns, and lemon-rind, add a liberal seasoning of salt, cover closely, and simmer gently for nearly 2 hours. Meanwhile roll the bacon and run a skewer through it, prepare the forcemeat as directed, but make it less moist than when intended for stuffing, shape it into balls the size of a walnut, and either fry or bake them until crisp and brown in a little hot butter or fat; the bacon may be cooked at the same time. When the meat has stewed for 2 hours put in the peas, cook until nearly tender, then add the butter and flour (kneaded smoothly together), in very small portions. Continue the cooking until the peas are ready, then take out the herbs, etc., put in the ketchup, tomato sauce, lemon-juice, season to taste, and serve garnished with the forcemeat balls and rolls of bacon.

Time.—About 3 hours. Average Cost, 10*d.* per lb. Sufficient for 6 or 7 persons.

VEAL BROTH.

Ingredients.—1 quart of cold water, 1½ lbs. of neck or knuckle of veal, 1 small carrot, ½ a turnip, 1 onion, 1 strip of celery, 1 teaspoonful of finely-chopped parsley, 1 tablespoonful of rice, or pearl-barley, salt and pepper.

Method.—Cut the meat into small pieces, put them with the water into a stewpan, and bring slowly to the boil. Skim, add a little salt, and simmer gently for 1 hour; then add the rice or pearl-barley (the latter must be blanched), and the vegetables cut into dice. When the broth has cooked gently for 3 hours, strain and return to the stewpan. Add the meat to the broth. Carefully remove any fragments of bone from the vegetables and pearl-barley, then return them to the broth. When boiling, sprinkle in the parsley, season to taste, and serve.

Time.—3 to 3¼ hours. Average Cost, 1*s.* 2*d.* to 1*s.* 3*d.* Seasonable at any time. Sufficient for 4 or 5 persons.

VEAL CAKE.

Ingredients.—1 lb. of lean uncooked veal, ½ lb. of bacon, 3 hard-boiled eggs, 1 teaspoonful of finely-chopped parsley, the grated rind of 1 lemon, salt and pepper, ¼ pint of stock (about).

Method.—Cut the veal and bacon into dice, cut the eggs into sections or slices, and arrange some of them in a pattern on the bottom of the buttered mould; mix the parsley, lemon-rind, flavourings, and seasonings together. Cover the bottom of the mould with a thick layer of veal, on the top of it place a thin layer of bacon, add a few slices of egg, and sprinkle well with the seasoning. Repeat until the mould is full, pour in the warm stock, cover with a greased paper, place the mould in a tin containing water, and bake for about 3 hours in a slow oven. Add a little more hot stock as soon as the mould is taken out of the oven. When cold, turn out of the mould, garnish with tufts of parsley, and serve.

Time.—To cook, about 3 hours. Average Cost, about 2*s.* Sufficient for 5 or 6 persons.

VEAL CHOPS.

Ingredients.—1½ lbs. of loin of veal, crisply-fried rolls of bacon, flour, butter, salt and pepper.

Method.—Cut the meat into chops and trim them neatly. Run a skewer through the rolls of bacon, fry them lightly, and keep hot until required. Sprinkle the chops with pepper, fry them in the bacon fat slowly, in order that they may be thoroughly cooked without becoming too brown. Keep the chops hot, drain off any fat that remains in the pan, and add a little butter. When melted, sprinkle in a little flour, brown lightly, and add ⅓ pint of boiling water. Season to taste, boil up, and strain. Arrange the chops on a hot dish, pour the gravy over, and garnish with the bacon.

Time.—To fry, about 20 minutes. Average Cost, 2*s.* Sufficient for 5 or 6 persons. Seasonable at any time.

Note.—For other methods of cooking veal chops, *see* Veal, Haricot of, and Veal Ragoût.

VEAL, CROQUETTES OF.

Ingredients.—1 lb. of cold veal, 1 oz. of butter or dripping, ½ oz. of flour, ¼ pint of stock, the rind of ½ a lemon grated, 1 teaspoonful of finely-chopped parsley, a good pinch of nutmeg, 1 egg, breadcrumbs, frying-fat, salt and pepper.

Method.—Chop the meat finely, and boil the bones and trimmings, for the stock. Melt the fat or butter in a stewpan, add the flour, pour in the stock, and stir until it boils (this sauce is intended to bind the mixture, when more convenient an egg may be used instead), boil the sauce 2 or 3 minutes, then add the meat, parsley, lemon-rind, nutmeg, salt and pepper to taste, and stir well over the fire. Turn on to a plate, when cool form into cork-shaped pieces, brush over with beaten egg, coat well with breadcrumbs, and fry until nicely browned in hot fat.

Time.—From 1½ to 2 hours. Average Cost, 4*d.*, exclusive of the meat. Sufficient for 4 or 5 persons.

Note.—A properly made croquette or rissole is dry and crisp on the outside, and very moist inside, but the mixture must of necessity be made moderately dry unless the liquid used in its preparation contains the stiffening properties of gelatine, for when it lacks a certain degree of firmness it is moulded with great difficulty. All that is required to obtain a moist, in fact, almost liquid rissole, is to add to the mixture a considerable amount of stock that will form a jelly when cold, and when re-heated will again become liquid.

VEAL, CURRY OF.

Ingredients.—2 lbs. of neck, breast, or fillet of veal, 1 pint of stock or water, 2 ozs. of butter, 1 tablespoonful of flour, 1 tablespoonful of curry-powder, 1 teaspoonful of curry-paste, 1 sour apple, 2 small onions coarsely chopped, 1 teaspoonful of lemon-juice, salt, 4 ozs. of rice.

Method.—Cut the meat into pieces about 1½ inches square, and fry them in the hot butter until lightly browned. Lift the pieces of meat on to a plate, sprinkle in the flour and curry-powder, add the onion, and fry gently for 10 minutes. Add the stock, curry-paste, sliced apple, salt to taste; boil, replace the meat, and cook gently from 2 to 2½ hours. Boil the rice, drain, and dry well. When the meat is tender remove it to a hot dish, season the sauce to taste, add the lemon-juice, and strain over the meat. The rice should be served separately.

Time.—From 2½ to 3 hours. Average Cost, 2*s.* 6*d.* to 2*s.* 9*d.* Sufficient for 5 or 6 persons.

VEAL CUTLETS.

Ingredients.—1½ lbs. of fillet or neck of veal, butter or fat for frying, ½ a teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of finely-grated lemon-rind, salt and pepper, egg, breadcrumbs.

Method.—Cut the meat into thin slices, which afterwards trim into neat fillets. Beat the egg, mix with it the parsley, lemon-rind, and a good seasoning of salt and pepper.

Brush the cutlets over with this preparation, coat them carefully with breadcrumbs, and fry in hot butter or fat until nicely browned. Serve with either tomato or piquant sauce, or, when gravy is preferred, brown a little flour in the fat in the frying-pan, add a little salt and pepper, pour in a ¼ pint of hot water, boil up, and strain.

Time.—To fry, about 15 minutes. Average Cost, 2*s.* Sufficient for 5 or 6 persons.

VEAL CUTLETS (French Style).

Ingredients.—5 or 6 bones of the best end of the neck of veal, 2 ozs. of butter, 1 teaspoonful of finely-chopped lemon-rind, ¼ of a teaspoonful of fine-powdered lemon-thyme, ½ a teaspoonful of finely-chopped parsley, the yolks of 2 eggs, breadcrumbs, salt and pepper.

Method.—Saw off the chine-bone and the upper part of the rib-bones, leaving the latter about 3 inches long. Divide into cutlets, flatten with a cutlet-bat, trim neatly, and season with salt and pepper. Melt ½ oz. of butter, add to it the herbs, parsley, lemon-rind, the yolks of eggs, and mix thoroughly. Dip each cutlet in this mixture, and coat with the breadcrumbs. Melt the remainder of the butter in a sauté- or frying-pan, and fry the cutlets until nicely browned on both sides. Drain, dish in a circle, put a frill on each bone, and serve with tomato or demi-glacé sauce.

Time.—To cook the cutlets, from 15 to 20 minutes. Average Cost, 8*d.*, exclusive of the veal. Sufficient, allow one cutlet for each person.

VEAL FARCE (For Quenelles, etc.).

Ingredients.—½ lb. of lean veal, ½ lb. of veal suet finely chopped, 3 ozs. of soaked bread, 2 eggs, a little grated nutmeg, salt and pepper.

Method.—Pass the meat 2 or 3 times through a mincing machine or chop it finely ; then pound the suet and veal together in a mortar. Add the eggs one at a time, and the bread in small portions. Also add about ¼ pint of cold water, but before using the whole, poach a little of the mixture in boiling water to test the consistency ; if too soft, add a little more bread ; if too stiff, a little more water ; shape into quenelles.

Time.—About 45 minutes. Average Cost, 1*s.*

VEAL FILLETS.

Ingredients.—1½ lbs. of fillet of veal, a few slices of bacon, 2 ozs. of butter, 1 egg, breadcrumbs, the grated rind of 1 lemon, 1 teaspoonful of lemon-juice, ½ a teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of thyme, ½ a pint of tomato sauce, brown sauce, or sauce made with the following ingredients :—½ pint of white stock, ½ oz. of flour, 2 tablespoonfuls of cream, ½ teaspoonful of lemon-juice, a small piece of meat glaze, salt and pepper.

Method.—Cut the veal into slices about ½ an inch in thickness, and each slice into rounds 2¼ or 2½ inches in diameter. Beat the egg, add to it the parsley, thyme, lemon-rind, lemon-juice, dip each fillet in the mixture, coat with breadcrumbs, and fry in hot butter, in a sauté-pan. When nicely browned on both sides take them out of the pan, and keep them hot. Add the flour to the butter in the pan, fry lightly, pour in the stock, stir until it boils, then add the lemon-juice, cream, and glaze, season to taste, and simmer for 2 or 3 minutes. The fillets may be dished in a circle on a border of mashed potato, with the rolls of bacon piled in the centre, or in two rows alternately with fried, thin, stamped-out rounds of bacon of equal size. The sauce should be strained and poured round the dish.

Time.—About ½ an hour. Average Cost, 2*s.* 3*d.* to 2*s.* 6*d.* Sufficient for 7 to 9 persons.

VEAL FILLET, STEWED.

Ingredients.—3 lbs. of fillet of veal, forcemeat, 1½ ozs. of butter, 1½ ozs. of flour, 1 oz. of dripping, a few fresh mushrooms when obtainable, lemon-juice, mace, salt and pepper, 1 pint of stock or water, vegetables if necessary.

Method.—Flatten the meat well with a cutlet-bat or rolling-pin, spread on the forcemeat, roll up and tie securely with tape. Melt the dripping in a stewpan, fry the meat until the entire surface is nicely browned, then drain off the fat. Add the mushrooms, stock, or water, and if using the latter add a little sliced onion, carrot, and turnip, and a good seasoning of salt and pepper. Cover closely, simmer gently for 2 hours, taking care that the stock or water is kept just at simmering point. Meanwhile, melt the butter in a stewpan, add the flour, stir and cook gently until nicely browned, and when ready, add the strained liquor in which the veal has been cooked. Stir until boiling, simmer gently for 10 minutes, then add the lemon-juice, and season to taste. Serve the meat on a hot dish with a little sauce poured over, and the remainder in a tureen.

Time.—About 2½ hours. Average Cost, 4*s.* Sufficient for 10 or 12 persons. Seasonable at any time.

VEAL FINGERS.

Ingredients.—6 ozs. of cold roast veal finely minced, ½ oz. of butter, ½ oz. of flour, ⅓ pint of stock, ½ a teaspoonful of lemon-juice, 1 very small onion, a pinch of mace or nutmeg, salt and pepper, a little finely-chopped parsley, fingers of fried or toasted bread.

Method.—Prepare the sauce as directed in Veal au Gratin. Mix the veal, mace or nutmeg, and a good seasoning of salt and pepper well together, add the sauce, spread the mixture on the fingers, and sprinkle with parsley. Make thoroughly hot in the oven, and serve.

Time.—To re-heat, 5 or 6 minutes. Average Cost, 2*d.*, in addition to the meat. Sufficient for 8 or 10 fingers. Seasonable at any time.

VEAL FORCEMEAT.

Ingredients.—½ lb. of lean veal, ¼ lb. of finely-chopped beef suet, 2 ozs. of fat bacon cut into fine strips, 2 tablespoonfuls of freshly-made breadcrumbs, 1 dessertspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped onion, 2 eggs, salt and pepper, a pinch of ground mace, a pinch of nutmeg.

Method.—Pass the veal twice through the mincing machine, then pound it and the suet and bacon in the mortar. Pass through a wire sieve, add the rest of the ingredients, season to taste, and use.

Time.—About 45 minutes. Average Cost, 1*s.* 3*d.* for this quantity.

VEAL, GALANTINE OF.

Ingredients.—A small breast of veal, 1½ or 2 lbs. of sausage meat, 2 or 3 rashers of bacon (ham or tongue may be substituted), 1 hard-boiled egg, glaze, salt, pepper, a grate of nutmeg, ground mace, ground cloves.

Method.—Bone the veal and flatten it out on the table. Season well with salt and pepper, spread on ½ the sausage meat in an even layer, distribute narrow strips of bacon and slices of egg over the surface, add mace, nutmeg, and cloves in very small quantities, and a liberal seasoning of salt and pepper, and cover with the remainder of the sausage meat. Roll the meat up tightly, wrap it in a pudding cloth, secure the ends with string, put the roll into boiling stock, or into boiling water, to which has been added the veal bones, 1 or 2 onions, 1 or 2 small carrots, 1 turnip, celery, salt, and peppercorns, and cook gently for 3 or 3½ hours. When cooked and nearly cold, take off the cloth, which always becomes loose, re-roll, tie tightly as before, and press the galantine between two boards or dishes until cold. Before serving, brush over with glaze, and garnish with parsley, and, if liked, some fancifully-shaped or coarsely-chopped aspic jelly.

Time.—From 3 to 3½ hours, to boil the galantine. Average Cost, 1*s.* per lb.

VEAL, GATEAU OF, COLD.

Ingredients.—½ lb. of cold veal (or veal and ham mixed), 2 tablespoonfuls of white breadcrumbs, 1 teaspoonful of finely-chopped parsley, ½ teaspoonful of grated lemon-rind, a pinch of nutmeg, 1 egg, 1 or 2 tablespoonfuls of gravy or milk, a few browned breadcrumbs, ½ pint of gravy.

Method.—Grease a round mould or cake tin, and well cover it with browned breadcrumbs. Put the bones and browned trimmings of the meat into a stewpan with a little salt and pepper, and boil gently until the gravy is required, then strain, and season to taste. Chop the meat finely, add to it the white breadcrumbs, parsley, lemon-rind, nutmeg, the egg beaten, and as much gravy or milk as will thoroughly moisten the whole. Season rather highly with salt and pepper, press the mixture tightly into the cake tin, and bake in a moderate oven for 40 or 45 minutes. Turn out, pour a little gravy round, and serve the remainder separately.

Time.—About 1¼ hours, altogether. Average Cost, 3*d.* or 4*d.*, exclusive of the meat. Sufficient for 3 or 4 persons.

VEAL, HARICOT OF.

Ingredients.—2 lbs. of neck of veal, 1½ ozs. of butter or dripping, 1½ ozs. of flour, 1½ pints of white stock or water, 1 onion, 1 carrot, 1 turnip, salt and pepper.

Method.—Divide the meat into pieces convenient for serving, cut the vegetables into small dice, which put aside, and preserve the trimmings. Heat the butter or fat in a stewpan, fry the meat lightly on both sides, then remove to a plate. Sprinkle in the flour, fry slowly until well browned, then add the stock or water, and stir until boiling. Season to taste, add the vegetable trimmings, put in the meat, and cover closely. Simmer very gently for 2 hours, then remove to a hot dish, strain the sauce over, and garnish with the dice of vegetables, previously boiled separately until tender.

Time.—2½ hours. Average Cost, 1*s.* 10*d.* Sufficient for 4 or 5 persons. Seasonable at any time.

VEAL, KNUCKLE OF, STEWED.

Ingredients.—A knuckle of veal 5 or 6 lbs. in weight, a piece of ham or bacon to boil, or a few slices to roll and fry, 3 tablespoonfuls of rice, 1 onion, 1 small carrot, ½ a small turnip, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper, parsley sauce.

Method.—Separate the shank bone, put it with the meat into a saucepan containing sufficient boiling water to cover, bring to the boil, skim well, add the vegetables (cut into dice), the herbs, and salt to taste. The ham or bacon should be boiled separately. The veal must be gently simmered for about 3 hours; at the end of 2 hours the rice should be well washed and added to the contents of the saucepan. Remove the meat from the broth, and keep it hot. Take out the bones and bouquet-garni, season the broth to taste, and serve separately. Pour a little parsley sauce over the meat, and serve the remainder in a tureen. Send the ham or bacon to table on a separate dish.

Time.—About 3 hours. Average Cost, 5*s.* 6*d.* to 6*s.* Sufficient for 6 or 7 persons.

VEAL, LARDED AND ROAST

Ingredients.—3 lbs. of neck of veal, larding bacon, stock, 1½ ozs. of butter, 1½ ozs. of flour, 1 onion sliced, 2 carrots sliced, 1 small turnip sliced, 2 or 3 strips of celery sliced, bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, salt and pepper, fat for basting.

Method.—Saw the bones across, remove the short ends and the skin, and fold the flap under. Lard the upper surface in close rows. Place the prepared vegetables in a stewpan, add the bouquet-garni, peppercorns, salt to taste, and stock to barely cover the vegetables. Lay the meat on the top, cover with a greased paper, and put on the lid, which must fit closely. Cook gently for 2 hours, adding more stock when necessary. Have ready a baking-tin containing a little hot dripping, put in the meat, baste, and bake gently for ½ an hour, basting it well. Meanwhile, melt the butter in a stewpan, add the flour, stir and cook gently until the mixture acquires a nut-brown colour, then add ¾ pint of stock, including that from the stewpan in which the veal was braised. Stir until boiling, simmer gently for a few minutes, and season to taste. Serve the meat on a hot dish, and the sauce in a tureen.

Time.—About 2½ hours. Average Cost, 3*s.* Sufficient for 6 or 7 persons. Seasonable at any time.

VEAL LOAF.

Ingredients.—1 lb. of cold roast veal finely chopped, ½ lb. of sausage meat, 2 tablespoonfuls of breadcrumbs, a little gravy or stock, 1 egg, salt and pepper.

Method.—Mix the veal, sausage meat, and breadcrumbs together, season liberally with salt and pepper, and add the egg. Mix thoroughly, and add gravy or stock gradually until the whole is thoroughly moistened. Form into a short thick roll, cover lightly with flour or, when economy is not an object, coat with egg and breadcrumbs. Bake in a moderate oven for 1 hour, basting occasionally with hot fat, and serve either hot or cold. When served hot, it should be accompanied by good gravy or some suitable sauce.

Time.—To bake, 1¼ hours. Average Cost, 7*d.*, in addition to the veal. Sufficient for 5 or 6 persons. Seasonable at any time.

VEAL, LOIN OF, BAKED OR ROASTED.

Ingredients.—4 or 5 lbs. of loin of veal, a few slices of bacon, veal forcemeat, ¾ pint of brown sauce, a little meat glaze, lemons.

Method.—Bone the veal, season the inside with salt and pepper, fill with forcemeat, and skewer or tie it in the form of a roll. Baste well with hot dripping, cover with a greased paper, and either bake or roast from 2 to 2¼ hours, basting frequently. Meanwhile, boil the bones for stock for the brown sauce.

Half an hour before serving remove the paper from the meat and brush it lightly over with the glaze, drain away all the fat in the tin, but leave the brown sediment. Pour the brown sauce into the tin, return to the oven to finish cooking, and baste frequently. (When economy is not an object, the veal should be basted with cream instead of brown sauce, the cream being afterwards slightly thickened, seasoned and served with the meat.) Roll the bacon, put on a skewer, and fry or bake until crisp, or it may be broiled before the fire, and cut into dice. Remove the meat to a hot dish, garnish with rolls of bacon and cut lemon, or little piles of bacon dice and lemon. Strain the sauce, and serve it separately in a tureen.

TIME.—To cook the veal, 2 to 2¼ hours. AVERAGE COST, 10*d.* to 11*d.* per lb.

Note.—The above recipe is equally applicable to a shoulder or fillet of veal; and a loin of veal is not necessarily boned; a little forcemeat may be inserted, and the remainder made into small balls. The bone of the fillet is nearly always removed, and the cavity filled with forcemeat.

VEAL, MINCED.

INGREDIENTS.—1½ lbs. of cold veal, 1 pint of white sauce, forcemeat balls, the grated rind of ½ a lemon, 1 teaspoonful of lemon-juice, salt and pepper.

METHOD.—Remove all skin and gristle, cut the meat into very small pieces, but do not chop it. Make the white sauce as directed, add to it the lemon-rind and lemon-juice, season to taste, put in the meat, cover closely, and let it remain in the sauce for ½ an hour WITHOUT BOILING. Serve on a hot dish, garnished with the forcemeat balls and slices of lemon.

TIME.—To prepare and cook, from 1 to 1¼ hours. AVERAGE COST, 1*s.* 9*d.* to 2*s.* SUFFICIENT for 4 or 5 persons.

VEAL, MINCED, WITH MACARONI.

INGREDIENTS.—¾ lb. of cold roast veal finely minced, 3 ozs. of ham finely minced, 4 ozs. of breadcrumbs, 4 ozs. of macaroni, 2 tablespoonfuls of good gravy, 1 large or 2 small eggs, butter, nutmeg, salt and pepper, gravy.

METHOD.—Mix the veal, ham, and breadcrumbs together, add salt, pepper, and grated nutmeg to taste, moisten with the gravy, and as much beaten egg as is necessary to bind the mixture together. Boil the macaroni in salted water until tender, but not broken, and arrange it at the bottom and sides of a well-buttered mould or basin in some simple form, such as trellis or stripes. Cut the remainder into short lengths, mix them with the meat preparation, and press the whole lightly into the mould or basin. Cover with a greased paper, steam gently for 1 hour, then carefully unmould and serve good gravy, previously made from veal bones and trimmings, separately.

TIME.—To steam, 1 hour. AVERAGE COST, 6*d.*, in addition to the meat. SUFFICIENT for 5 or 6 persons. SEASONABLE at any time.

VEAL, NECK OF, BRAISED.

INGREDIENTS.—3 lbs. of the best end of the neck, 1 pint of white stock, 2 ozs. of flour, 1 oz. of butter, 1 teaspoonful of lemon-juice, 1 tablespoonful of capers, 2 onions, 2 carrots, 1 very small turnip, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, 2 cloves, 1 blade of mace, salt and pepper, glaze.

METHOD.—Saw the bones across, detach the short pieces of the rib bones, and fold the flap under, slice the vegetables, put them together with the bouquet-garni, mace, cloves, and 1 oz. of butter into a shallow stewpan, nearly cover the vegetables with stock, and add the remainder gradually to replace that which boils away. Place the veal on the bed of vegetables, cover with a greased paper, put on the lid, and cook gently for 3 hours. Meanwhile, melt the remaining oz. of butter in a small stewpan, add the flour and fry gently until it acquires a nut-brown colour. When the meat is tender, remove it to a hot dish, and brush it over with glaze. Strain the liquor in the stewpan on to the butter and flour, stir until smooth, if necessary reduce with a little stock, add the capers, lemon-juice, season to taste, and serve separately in a tureen.

Time.—About 3 hours. Average Cost, 3*s.* 6*d.* Sufficient for 6 or 7 persons.

VEAL, NECK OF, STEWED.

Ingredients.—2 lbs. of neck of veal, ½ pint of white stock, 2 or 3 rashers of bacon crisply fried and cut into dice, 6 small tomatoes, 2 ozs. of butter, ½ oz. of flour, 1 dessertspoonful of finely-chopped parsley, the grated rind of ½ a lemon, 1 teaspoonful of lemon-juice, salt and pepper, 2 tablespoonfuls of cream (if liked), meat glaze.

Method.—Trim the meat, and when the bones are long saw them across and detach the rib bones. Melt the butter in a stewpan, fry the meat lightly on both sides, then add the lemon-rind, parsley, and a good seasoning of pepper, cover closely, and cook very gently for 2 or 2½ hours. The meat must be well basted, and the stewpan stand on a cool part of the stove to avoid burning the butter. Meanwhile, fry or broil the bacon and cut it into dice; bake or broil the tomatoes until tender, but not too soft. Remove the meat from the stewpan, brush it lightly over with meat glaze, and keep it hot. Have ready the flour mixed smoothly with a little cold stock, and the remainder of the stock boiling in a stewpan, add the moistened flour to the stock, stir and boil for 5 minutes, then strain and add the butter in which the meat was cooked, the lemon-juice, and the cream. Season to taste, bring to the boil, and serve in a tureen. Garnish the dish alternately with little bunches of bacon and tomatoes. When economy is an object, dripping may be substituted for the butter, and the tomatoes and meat glaze omitted.

Time.—From 2½ to 2¾ hours. Average Cost, 2*s.* 6*d.* Sufficient for 4 or 5 persons.

VEAL OLIVES.

Ingredients.—1½ lbs. of fillet of veal, cut in 8 thin slices, an equal number of slices of bacon, veal forcemeat, 1 pint of brown sauce, 1½ ozs. of butter, salt and pepper. olives.

Method.—The slices of meat and bacon should be about 4 inches long and 3 inches wide. Place a slice of bacon on each piece of meat, spread on a thin layer of forcemeat, roll up tightly, and fasten securely with twine. Melt the butter in a stewpan, put in the olives, and fry until lightly browned. Pour away the butter, add the brown sauce (hot), cover closely, and simmer gently from 1¾ to 2 hours. When done, remove the strings, arrange the olives in 2 rows on a foundation of mashed potatoes, and strain the sauce over. Or, arrange them in a circle on a border of mashed potatoes, and fill the centre with purée of spinach, or any other suitable vegetable.

Time.—To prepare and cook, about 2¼ hours. Average Cost, 3*s.* 4*d.* Sufficient, 8 fillets for 6 persons.

VEAL PATTIES.

Ingredients.—Puff paste. For the mixture: 8 ozs. of lean cooked veal, 2 ozs. of lean cooked ham, 3 or 4 tablespoonfuls of rich stock, 2 tablespoonfuls of cream, 1 teaspoonful of lemon-juice, a pinch of nutmeg, the grated rind of ½ a lemon, salt and pepper.

Method.—Chop the veal and ham very finely, pound it in the mortar with the salt, pepper, nutmeg, lemon-rind, lemon-juice, moisten by degrees with the stock, and when perfectly smooth rub through a fine sieve. Stir in the cream, season to taste, and use. When the paste is ready for the last turn, roll it out to about ⅓ of an inch in thickness, and stamp out 8 or 9 rounds with a hot, wet cutter, 2½ inches in diameter. Brush over with beaten egg, then take a cutter 2 or 3 sizes smaller, dip it into boiling water, and make an incision in the centre of each round, to half the depth of the paste. Bake in a hot oven; when done, remove the tops, scoop out the soft inside, fill with the mixture, replace the tops, and serve. They may be served either hot or cold; if the former, they should first be put into the oven to become thoroughly hot.

Time.—From 1 to 1¼ hours, after the paste is made. Average Cost, 1*s.*, exclusive of the meat. Sufficient for 8 or 9 patties.

VEAL POT PIE

Ingredients.—2 lbs. of either raw or cooked veal, ½ lb. of pickled pork, 1 lb. of potatoes parboiled and thickly sliced, stock made from bones and trimmings (*see* Veal au Gratin), puff paste, salt and pepper.

Method.—Cut the meat into pieces convenient for serving, and cut the pork into thin small slices. Place the veal and pork in layers in a piedish, seasoning each layer liberally with salt and pepper, and ¾ fill the dish with stock. Cover with an inverted dish, cook in a moderate oven for 1½ hours, and cool slightly. When using cold meat, this preliminary cooking is not necessary. Add stock to replace the loss, place the potatoes on the top, and cover with paste. Bake in a moderate hot oven from 40 to 45 minutes, add more hot stock through the hole in the top and serve (*see* Veal and Ham Pie)

Time.—To bake, 40 to 45 minutes Average Cost, 2*s.* 9*d.* Sufficient for 6 or 7 persons. Seasonable at any time.

VEAL, POTTED.

Ingredients.—1 lb. of veal finely chopped, ¼ lb. of ham finely chopped, butter, mace, cayenne, salt and pepper.

Method.—Place both veal and ham in a buttered jar, add 2 tablespoonfuls of cold water, and tie a buttered paper over the mouth. Stand the jar in a saucepan or tin of boiling water, and cook gently for 3 hours either on the stove or in a moderately cool oven. Pound the meat finely in a mortar, adding gradually the liquor in the jar, and as much oiled butter as is required to reduce the whole to a perfectly smooth paste. Season liberally with cayenne, salt and pepper, add mace to taste, and pass the preparation through a sieve. Press into small pots. cover with clarified butter, and use as required.

Time.—To cook, 3 hours. Average Cost, 1*s.* 6*d.* to 1*s.* 9*d.* Seasonable at any time.

VEAL, PRESSED.

Ingredients.—A breast of veal, 1 large onion sliced, 1 carrot sliced, ½ a turnip sliced, 2 or 3 strips of celery sliced, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, salt.

Method.—Remove all bones and tendons, trim neatly, season liberally, roll up lightly, and bind securely with tape. Put the bones and trimmings into a stewpan just large enough to contain the meat, add the prepared vegetables, bouquet-garni, peppercorns, and a good seasoning of salt. Place the meat on the top, add stock or water to the depth of the vegetables, but not enough to touch the meat; cover with a greased paper, and put on a close-fitting lid. Cook very gently for 3 hours, basting frequently, then place the meat between two heavily-weighted dishes, and let it remain until cold. Strain the stock, and on the following day boil it rapidly until reduced to a glaze. Trim the meat to a good shape, brush it over with glaze, and serve as a luncheon or breakfast dish.

Time.—To cook, 3 hours. Average Cost, *9d.* to *10d.* per lb.

VEAL PUDDING.

Ingredients.—2 lbs. of veal, ½ lb. of raw ham, bacon, or pickled pork, suet paste, salt and pepper.

Method.—Cut the meat into rather small neat pieces, and put the bones and trimmings aside. Cut the ham, bacon, or pork into narrow strips; line a well-greased basin thinly with paste, put in the meat, interspersing strips of bacon, and seasoning liberally with salt and pepper. Nearly fill the basin with boiling water, put on a thin lid of paste, and cover with a greased paper (*see* Beefsteak Pudding). Place the basin in a steamer, or in a saucepan containing boiling water to half the depth of the basin, and add boiling water as that in the saucepan reduces. Cook for 3 hours, and serve with good gravy made from the bones and trimmings.

Time.—To cook, 3 hours. Average Cost, *2s. 6d.* to *2s. 9d.* Sufficient for 6 or 8 peronss. Seasonable at any time.

VEAL, QUENELLES OF.

Ingredients.—1 lb. of fillet of veal, ¼ pint of good stock, 1 oz. of butter, 2 ozs. of flour, 2 eggs, salt and pepper.

Method.—Melt the butter in a saucepan, add the flour and the stock, stir and cook until the mixture forms a compact mass round the bowl of the spoon, then put it aside to cool. Pass the veal 2 or 3 times through a mincing machine, or chop it finely. Pound the panada (flour, butter, and stock), and the meat together until smooth. Add the eggs one at a time, season to taste, and pound all well together. Rub the mixture through a wire sieve, and then shape into quenelles. To do this it is necessary to use 2 dessertspoons, or smaller spoonsful if making quenelles for soup. Dip one spoon into boiling water, fill it with the mixture, press it from the sides and raise it in the centre with a knife dipped in hot water, making it a nice oval shape: take another spoon, dip it into hot water, scoop the mixture carefully from the first spoon into the second, and place in a buttered sauté-pan. When all the quenelles are in the pan, pour in sufficient boiling water to nearly cover them: have ready a sheet of greased paper, place it on the top of the quenelles, and cook them gently for about ½ an hour. Drain, arrange in a circle or straight row, and mask with a good white sauce.

TIME.—To make and cook, from 1¼ to 1½ hours. AVERAGE COST, 1*s*. 6*d*. to 1*s*. 8*d*. SUFFICIENT for 4 or 5 persons.

VEAL RAGOÛT.

INGREDIENTS.—2 lbs. of neck, breast, or knuckle of veal, 1½ ozs. of dripping, 1½ ozs. of butter, 1½ ozs. of flour, 1 onion cut into dice, 1 carrot cut into dice, ½ a small turnip cut into dice, salt and pepper.

METHOD.—Cut the meat into pieces convenient for serving ; heat the fat in a stewpan, fry the meat until lightly browned, then drain off the fat. Cover the meat with hot water, add the vegetable trimmings, and keep the carrot, turnip and onion dice in water until required. Season with salt and pepper, cover with a close-fitting lid, and cook as slowly as possible for 2 hours, taking care to keep the water just at simmering point. Meanwhile, heat the butter in another stewpan, add the flour, and stir and cook slowly until it acquires a pale-brown colour. When the meat is done, strain the liquor, add stock or water to make up ¾ of a pint, and mix with the blended butter and flour. Stir until boiling, season to taste, add the meat, and simmer gently for ½ an hour. Serve garnished with the vegetable dice, which should be boiled separately.

TIME.—About 2¾ hours. AVERAGE COST, 1*s*. 8*d*. to 2*s*. SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

VEAL, RÉCHAUFFÉ, OF.

INGREDIENTS.—1 lb. of cold roast veal, forcemeat, sippets of toast, 1 tablespoonful of coarsely-chopped gherkin or capers, ¾ pint of water, ¾ oz. of butter, ¾ oz. of flour, 1 small onion, 1 blade of mace, lemon-juice, salt and pepper, fat.

METHOD.—Cut the meat into thin slices and put them aside. Place the bones and trimmings in a stewpan with the onion, mace, and a little salt and pepper, and cover with cold water. Simmer gently for at least 1 hour, then strain, and add stock or water to make up the ¾ of a pint. Melt the butter in a stewpan, add the flour, stir and cook slowly until it acquires a pale-brown colour, then add the strained stock. Stir until boiling, add the lemon-juice, season to taste, and put in the meat. Stand the stewpan where the contents will be kept just below simmering point, and let it remain for 1 hour, stirring occasionally. Meanwhile, make the forcemeat as directed, form into small balls, and fry or bake in hot fat until crisp and brown. Place the meat on a hot dish, strain the sauce, season to taste, add the gherkin, and pour over the meat. Garnish with forcemeat balls, and sippets of toast, then serve.

TIME.—About 2 hours. AVERAGE COST, 6*d*. or 7*d*., in addition to the meat. SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

VEAL SALAD.

INGREDIENTS.—½ lb. of shredded cold veal, shredded lettuce, endive, 1 tablespoonful of capers or chopped gherkin, lemon-juice, salt and pepper, salad dressing.

METHOD.—Season the meat with salt and pepper, sprinkle liberally with lemon-juice, and put it aside for 1 hour. Add the capers and lettuce, moisten with salad dressing, and serve garnished with tufts of endive.

VEAL SAUSAGES.

Ingredients.—1 lb. of lean veal, 1 lb. of fat bacon, 1 teaspoonful of finely-chopped fresh sage, salt and pepper, sausage skins, frying-fat.

Method.—Chop both veal and bacon finely, add the sage and a liberal seasoning of salt and pepper. Press lightly into the skins, prick well and fry in hot fat until nicely browned. If preferred, form into small round cakes, coat with seasoned flour or eggs and breadcrumbs, and fry in hot fat.

Time.—To fry, 10 minutes. Average Cost, about 1*s.* 6*d.* for this quantity.

VEAL, SHOULDER OF, BAKED.

Ingredients. — A shoulder of veal, a few rashers of bacon (allow 2 to each person), forcemeat, salt, pepper, flour, fat for basting.

Method.—Take out the bone (or order it to be sent in already boned). Press the forcemeat tightly inside the shoulder, and fasten the sides with small skewers. Have ready the meat tin, with a sufficient quantity of boiling water in the lower tin, and in the upper 2 or 3 tablespoonfuls of hot fat. Put in the meat, baste well, bake in a hot oven for 10 or 15 minutes, then reduce the temperature by putting in the damper, drawing the fire away, or leaving open the oven door. Baste frequently, and bake gently until the meat is done, the time required depending more upon the thickness of a joint than upon its weight; the rule of so many minutes to each lb. serves as a rough but not absolutely reliable guide in cooking. Meanwhile, prepare the gravy by boiling the bones removed from the meat (*see* Brown Gravy), and a few minutes before the meat is ready to serve roll up the rashers of bacon, put a skewer through them, and bake in the oven until crisp. To serve, remove the skewers from the meat, place it on a hot dish, garnish with the rolls of bacon, and if liked slices of lemon. A piece of boiled ham or bacon may be substituted for the rolls of bacon. Serve the gravy separately in a tureen.

Time.—To bake a large shoulder, about 3 hours. Average Cost, from 9*d.* to 10*d.* per lb.

VEAL, SHOULDER OF, STEWED.

Ingredients.—A small shoulder of veal, 12 ozs. of sausage meat, 6 ozs. of veal forcemeat, a few slices of bacon, 2 lemons, 2 tomatoes, 1¼ pints of white sauce (made of equal quantities of milk and veal liquor), salt and pepper, 2 onions, 2 small carrots, 1 small turnip, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns.

Method.—Bone the veal, flatten it on the table, season well with salt and pepper, spread on half the sausage meat, cover with half the forcemeat, then add the remainder of the sausage meat, and cover with forcemeat as before. Roll up tightly, bind with tape, put it with the bones, prepared vegetables, herbs, and peppercorns into boiling water, boil quickly for 10 minutes, add a little cold water to reduce the temperature, and simmer very gently until done. Remove to a hot dish, pour a little sauce over, garnish with rolls of bacon, and slices of tomato and lemon, and serve the remainder of the sauce in a tureen.

Time.—Allow 25 to 30 minutes to each lb. of veal. Average Cost, 2*s.*, exclusive of the meat.

VEAL SOUFFLÉ.

Ingredients.—1 lb. of lean uncooked veal, ¼ pint of white sauce, ¼ pint of double cream, 2 ozs. of butter, 3 eggs, 1 small truffle, a pinch of nutmeg, salt and pepper, ½ pint of Béchamel or Suprême sauce.

Method.—Pass the meat 2 or 3 times through the mincing machine, then pound it in a mortar, adding gradually the butter, white sauce (cold), and 3 yolks and 1 white of egg, one at a time. Season to taste, add a little nutmeg, and when the mixture is perfectly smooth rub it through a fine wire sieve. Whip the cream slightly, whisk the remaining 2 whites of eggs to a stiff froth, and mix lightly with the veal purée. Have ready a well-buttered plain mould, decorated or not, according to taste, with sliced or chopped truffles, put in the mixture, cover with a buttered paper, and steam gently for about 1 hour. Serve with the Béchamel or Suprême sauce round.

Time.—To prepare and cook, from 1¾ to 2 hours. Average Cost, 2*s.*, exclusive of the sauce. Sufficient for 4 or 5 persons.

VEAL, STEWED.

Ingredients.—2 lbs. of neck or breast of veal, 1 pint of milk, 2 tablespoonfuls of cream, 1 oz. of butter, 1 tablespoonful of cornflour or flour, 1 small onion, 1 blade of mace, salt and pepper.

Method.—Cut the meat into pieces convenient for serving, place them in a fireproof stewing pot, season with salt and pepper, add the onion and mace, pour in the milk, cover closely, and cook gently in the oven or on the stove for 2½ or 3 hours. A few minutes before serving, knead the butter and flour or cornflour smoothly together, divide into very small portions, and stir them into the milk. When flour is used, it must be allowed to cook for at least 10 minutes. Put the meat on to a hot dish, add the cream to the sauce, season to taste, and strain over the meat. The sauce is never perfectly white, therefore it is better to add 1 or 2 drops of caramel to make it a pale fawn colour.

Time.—From 2½ to 3 hours. Average Cost, 2*s.* Sufficient for 4 or 5 persons.

VEAL TENDONS.

The tendons of veal are the cartilaginous or gristly portions found at the extremity of the bones toward the thick end of a breast of veal. They may, of course, be dressed with the joint, except when it is roasted or baked. The tendons must first be rendered perfectly tender by long and gentle stewing, and afterwards may be dressed in a variety of ways. They cannot be bought separately, but as they are confined principally to the thicker half of the breast, that part alone should be procured. The meat from which they are removed may be used for many purposes.

VEAL TENDONS, FRIED.

Ingredients.—The thick end of a breast of veal, 1½ pints of stock, 1 onion sliced, 1 carrot sliced, ½ a turnip cut into small pieces, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, egg, breadcrumbs, frying-fat, salt and pepper, tomato or Espagnole sauce.

Method. — Remove the meat from the tendons, and divide them into pieces about 2 inches square. Put them into a stewpan with the vegetables, bouquet-garni, peppercorns, stock, and salt, and cook very gently for 4 hours. Remove them very carefully from the stewpan, press between two dishes until cold, then trim them if necessary, coat with egg and breadcrumbs, and fry in hot fat until nicely browned.

Time.—About 5 hours. Average Cost, 1*s.* 8*d.*, exclusive of the meat. Sufficient for 7 or 8 persons.

VEAL WITH PARSLEY SAUCE.

Ingredients.—2 lbs. of fillet of veal, ¾ pint of white sauce, 1 oz. of butter, 1 dessertspoonful of finely-chopped parsley, 1 dessertspoonful of lemon-juice, 1 yolk of egg, salt and pepper.

Method.—If the meat is not one compact piece, bind it into a good shape with tape. Melt the butter in a stewpan, fry the meat gently until the entire surface is lightly browned, then add the white sauce and seasoning to taste. Cover closely, simmer gently from 2 to 2½ hours, then take up the meat and keep it hot. Strain, and return the sauce to the stewpan, add the parsley, lemon-juice, and yolk of egg, stir until the sauce thickens, then pour it over the veal, and serve.

Time.—From 2½ to 3 hours. Average Cost, 3*s.* Sufficient for 5 or 6 persons. Seasonable at any time.

VEGETARIAN COOKERY.

The recipes in the book marked "Vegetarian Dish" are based on strict vegetarian principles. Vegetarians whose diet includes milk and eggs will find many useful dishes among the different recipes for vegetables. *See* Asparagus, French Style; Asparagus with Eggs; Asparagus Rolls; Broad Beans with Spanish Sauce; Celery, Ragoût of; Cucumbers, Stuffed; Cucumbers with Eggs; Leeks with Poached Eggs, etc.

VEGETABLE GOOSE (Vegetarian Dish).

Ingredients.—½ lb. of breadcrumbs soaked in cold water, 1 onion, 1 teaspoonful of chopped parsley and herbs, 1 oz. of butter, pepper and salt.

Method.—Squeeze the bread nearly dry, and mash it, mix in the other ingredients, chopped small. Butter a Yorkshire pudding-dish, put in the mixture, and bake in a good oven for about ¾ of an hour. Serve hot, and cut in squares.

Time.—About 1½ hours. Average Cost, 3*d.* Sufficient for 2 persons.

VEGETABLE MARROW, FRIED.

Ingredients.—1 or 2 medium-sized vegetable marrows, egg and breadcrumbs, frying-fat, salt and pepper.

Method.—Peel and boil the marrows in salt and water until tender, then drain well, cut them into quarters, and remove the seeds. Coat each piece with egg and breadcrumbs, and fry in hot fat until nicely browned. Drain, sprinkle with salt and pepper, and serve.

Time.—From 40 to 50 minutes, altogether. Average Cost, from 2*d.* each. Sufficient for 3 or 5 persons. Seasonable from July to September.

VEGETABLE MARROW FRITTERS (*See* Vegetable Marrow, Fried).

If preferred, the marrow may be coated with frying-batter instead of egg and breadcrumbs.

VEGETABLE MARROW SOUP.

Ingredients.—2 pints of white second stock or water, 1 pint of milk, 1 large vegetable marrow, 1 onion, 2 ozs. of butter, 2 ozs. of flour, salt and pepper.

METHOD.—Mince the onion finely, cut the vegetable marrow into small pieces and remove the seeds. Melt 1 oz. of butter in a stewpan, put in the vegetables, put on the lid, and let the ingredients steam in the butter for 15 or 20 minutes. Add the milk and water, and cook gently for about 40 minutes, or until tender, then rub through a hair sieve. Melt the remaining oz. of butter, stir in the flour smoothly, add the soup, and stir until it boils. Simmer for 5 minutes, season to taste, and serve.

TIME.—1¼ to 1½ hours. AVERAGE COST, 8*d.* to 10*d.* without the stock. SUFFICIENT for 6 persons. SEASONABLE from August to October.

VEGETABLE MARROW, STUFFED.

INGREDIENTS. — 1 medium-sized marrow, 3 tablespoonfuls of finely-chopped raw or cooked meat, 1 tablespoonful of breadcrumbs, 1 teaspoonful of finely - chopped onion, ½ a teaspoonful of finely-chopped parsley, ¼ of a teaspoonful of powdered mixed herbs, 1 egg, ½ pint of brown sauce, salt and pepper.

METHOD.—Peel the marrow, cut it in two lengthwise, and remove the seeds. Boil in salt and water for about 10 minutes, until the marrow is half cooked, then drain well. Mix together all the above ingredients, except the brown sauce, and fill the cavities of the marrow with the preparation. Put the two halves together in their original form, fasten securely with string, baste well with hot fat, dredge lightly with flour, and bake in a moderate oven until well browned. Or, brush it over with egg, and coat with browned breadcrumbs before baking. Serve the brown sauce separately.

TIME.—From 35 to 45 minutes. AVERAGE COST, 10*d.* to 1*s.* SUFFICIENT for 2 or 3 persons. SEASONABLE in July, August, and September.

VEGETABLE MARROW, STUFFED (Vegetarian Dish).

INGREDIENTS.—1 vegetable marrow. For the forcemeat: 3 or 4 tablespoonfuls of coarsely-chopped mushrooms, 1 tablespoonful of breadcrumbs, 1 oz. of butter, salt and pepper.

METHOD.—Peel the marrow, cut it in half lengthwise, and remove the seeds. Heat the butter, fry the mushrooms lightly, add the breadcrumbs, and season to taste. Place the hot forcemeat inside the marrow, replace the halves, and fasten them securely with string. Cover with seasoned boiling water, and boil gently for about 20 minutes, or place the preparation in a covered piedish with a small quantity of hot water, and bake slowly for ½ an hour. Serve with white or brown sauce.

TIME.—45 minutes. AVERAGE COST, 6*d.* to 8*d.* SUFFICIENT for 3 persons.

Note.—Marrows may also be stuffed with onion or veal forcemeat.

VEGETABLE MARROW, TO PRESERVE.

INGREDIENTS.—An equal weight of marrow and sugar. To each lb. of marrow allow ¼ oz. of whole ginger, and the grated rind and juice of ½ a lemon.

METHOD.—Prepare and halve the marrow, remove the seeds, slice thinly, pile the slices on a large dish, with the sugar spread in layers, and allow it to remain thus until the following day. Then turn the whole into a preserving-pan, add the lemon-rind and lemon-juice, the ginger cut into small pieces, and boil very gently until the greater part of the moisture is absorbed. Turn into pots, cover closely, and store in a cool, dry place.

Time. — Altogether, 2 days. Average Cost, 4*d.* to 5*d.* per lb.

VEGETABLE MARROWS, BOILED.

Ingredients. — 2 medium-sized vegetable marrows, toast, ¾ pint of white sauce.

Method. — Peel the marrows, quarter them, and remove the seeds. Boil them in salt and water from 15 to 20 minutes, or until tender. Drain well, dish on the toast, pour over the white sauce, and serve.

Time. — 15 to 20 minutes. Average Cost, from 2*d.* each. Sufficient for 5 or 6 persons. Seasonable in July, August, and September.

VEGETABLE MARROWS, MASHED.

Ingredients.—2 medium-sized marrows, 1 oz. of butter, 1 tablespoonful of cream, flour, salt and pepper.

Method.—Boil the marrows in salt and water until tender, and rub them through a fine sieve. Melt the butter in a stewpan, add the purée, cream, and a little pepper, and stir over the fire for 5 or 6 minutes, dredging in a little flour until the purée acquires the desired consistency.

Time. — About 30 minutes. Average Cost, from 2*d.* each. Sufficient for 4 or 5 persons. Seasonable in July, August, and September.

VEGETABLE MARROWS, PICKLED.

Ingredients.—Vegetable marrows, vinegar to cover. To each quart of vinegar add 4 ozs. of sugar, 1½ ozs. of ginger broken into small pieces, 1¼ ozs. of dry mustard, ½ oz. of turmeric, 6 chilies, 1 clove of garlic finely chopped.

Method.—Boil the vinegar with the seasoning and flavouring ingredients until some of their strength and flavour is extracted. Meanwhile, pare the marrows, cut them into 2-inch pieces, and remove the seeds. Add them to the boiling vinegar, cook gently for about 10 minutes, and turn into a large basin or earthenware pan. When quite cold lift the pieces of marrow carefully into wide-necked bottles or unglazed jars, pour in the vinegar, and cover closely. The pickle will be ready in 2 or 3 weeks, and should be kept in a cool, dry atmosphere.

VEGETABLE PIE (Vegetarian Dish).

Ingredients.—1 onion, 1 carrot, 1 stick of celery, a handful of green peas, ½ oz. of sago or tapioca, 1 oz. of butter, pepper and salt, a teaspoonful of flour, short crust paste to cover.

Method.—Stew all the above ingredients together in a very little water until they are three-parts cooked. They should be cut into small pieces; then place them in a piedish, cover it with a crust like a meat pie, and bake it until the crust is done. The pie may be made of any vegetables that are in season. A few mushrooms or some mushroom powder are an improvement.

Time.—To bake the pie, about ½ an hour. Average Cost, 3*d.* or 4*d.*, exclusive of the paste. Sufficient for 2 persons.

VEGETABLE RAGOÛT.

Ingredients.—Vegetables as in the recipe for Vegetables, Curry of, 1 pint of good brown sauce.

Method.—Prepare and cook the vegetables according to directions given for Vegetables, Curry of, When cooked and well drained, add them to the brown sauce, in which the sliced tomatoes should already have been simmered for about 10 minutes; allow them to remain in the sauce until thoroughly hot, then serve garnished with croûtons of fried bread, or small shapes of mashed potato (*see* Potatoes, Mashed and Baked).

Time.—From 30 to 40 minutes. Average Cost, 1*s*. Seasonable at any time.

VEGETABLE SALAD, MIXED.

Ingredients.—1 small cooked cauliflower, 1 small cooked beetroot, 1 small cucumber, 2 or 3 firm cooked potatoes, 2 firm tomatoes, 1 crisp lettuce, ⅓ pint of mayonnaise sauce or salad dressing.

Method.—Divide the cauliflower into small sprays, cut the beetroot and potatoes into fine strips, slice the cucumber and tomatoes. Place all these ingredients in layers in a salad bowl, piling somewhat high in the centre, and season each layer with salt and pepper. Pour over the salad dressing, and garnish with a border of lettuce, previously well washed and dried.

VEGETABLE SOUP.

Ingredients.—2 carrots, 1 turnip, 1 onion, 1 leek, 2 strips of celery, 1 dessertspoonful of finely-chopped parsley, 2 ozs. of butter, 1½ ozs. of flour, 1 pint of boiling water, 1 pint of milk, salt and pepper.

Method. — Prepare the vegetables and cut them into strips about the size of a short and rather thick match. Melt the butter in a stewpan, and fry the vegetables very slowly until the butter is absorbed; then add the water, ¾ of the milk, salt and pepper, and simmer gently until the vegetables are tender (5 to 10 minutes). Mix the flour and the rest of the milk smoothly together, pour the mixture into the saucepan, stir and cook for a few minutes, then serve.

Time.—To prepare the vegetables, 20 to 30 minutes. To make the soup, 25 to 30 minutes. Cost, about 5*d*. Sufficient for 4 persons. Seasonable at any time.

VEGETABLE SOUP (Vegetarian Dish).

Ingredients.—1 small vegetable marrow, 3 or 4 tomatoes, 1 small onion, 4 ozs. of rice, 2 ozs. of butter, 3 pints of water, pepper and salt.

Method.—Cut the marrow and tomatoes into small pieces, and slice the onion finely. Melt the butter, fry the onion without browning, then add the water and rice, previously washed and drained, boil for 10 minutes, add the vegetable marrow and tomatoes, season to taste, cook gently until the vegetables are tender. Pass the soup through a sieve, re-heat, then serve.

Time. — ½ an hour. Average Cost, 7*d*. to 8*d*. Sufficient for 5 or 6 persons.

VEGETABLE STOCK.

Ingredients.—3 carrots, 2 onions, 1 turnip, 2 tomatoes, 1 stick of celery, 1 head of lettuce, a bouquet-garni (parsley, thyme, bay-leaf), a blade of mace, 12 peppercorns, 2 cloves, 3 ozs. of butter, 2 quarts of water, 1 teaspoonful of salt.

Method.—Cut the onions, turnips, and carrots into thin slices and the celery into small pieces. Make the butter hot in a stewpan, put in the vegetables and fry gently for ½ an hour, keeping the stewpan covered. In the meantime, shred the lettuce, and when the vegetables are sufficiently cooked, add it, together with the tomatoes (sliced), herbs, flavourings, seasonings, and water, and bring gently to the boil. Skim off the scum as it rises, then cover and simmer gently for 1½ hours, strain, and it is ready for use.

TIME.—2 hours. AVERAGE COST, 5*d*. per quart. QUANTITY, about 2 quarts.

VEGETABLE STOCK (Vegetarian Dish).

INGREDIENTS.—2 quarts of water, 2 ozs. of haricot beans, 2 ozs. of split peas, 1 onion, 1 carrot, ½ a stick of celery, parsley, herbs, pepper and salt, 3 cloves, 1 blade of mace.

METHOD.—Boil all the above vegetables, spice and herbs, in 2 quarts of water, for 3 or 4 hours. Skim well; strain it off; it will keep for some time if it is left to stand and poured from the sediment.

TIME.—From 3 to 4 hours. AVERAGE COST, 3*d*. SUFFICIENT for 4 or 5 persons.

Note.—This may serve as the basis of a good many soups and sauces, just as stock made of meat and bones serves many purposes. All cooks may be assured that if gravy has to be made, and no meat is at hand of which to make it, water in which any vegetables have been boiled (except potatoes) will be better than plain water.

VEGETABLES, COLD, TO RE-HEAT.

Vegetables may be re-heated in a basin placed in a steamer over a saucepan of boiling water, or they may be fried in a little hot butter or fat. *See* also Potatoes, Cold, to use up.

VEGETABLES, CURRY OF.

INGREDIENTS. — 1 small cauliflower, ½ pint of shelled peas, 2 carrots, 1 turnip, 2 or 3 raw potatoes, 1 onion, a few strips of celery, 1½ ozs. of butter, 2 tablespoonfuls of flour, 1 tablespoonful of curry-powder, 1 teaspoonful of lemon-juice, 1 or 2 tomatoes, 1 pint of stock, 6 ozs. of boiled rice, salt and pepper.

METHOD.—Divide the cauliflower into small sprays, and cut the carrot, turnip, potatoes, onion and celery into dice. In boiling the vegetables, it is as well to use 2 or 3 small stewpans, and divide them according to the time respectively required. Onion and celery would cook together, also the carrot and turnip, provided the former were given a few extra minutes. They must be drained from the water when about ¾ cooked, otherwise they are apt to break and spoil the appearance of the curry. Melt the butter in a stewpan, add the flour and curry-powder, fry slowly for not less than 10 minutes, then put in the sliced tomatoes and stock, and stir until boiling. Simmer gently for 15 minutes, then rub through a tammy or fine hair sieve, and replace in the stewpan. Season to taste, add the lemon-juice and cooked vegetables, and when thoroughly hot serve in a border of nicely-cooked rice.

TIME.—About 1 hour. AVERAGE COST, 1*s*. 6*d*. to 2*s*. SUFFICIENT for 4 or 5 persons. SEASONABLE at any time.

VEGETABLES, GARNISH OF, FOR SOUPS AND ENTRÉES.

Vegetables for garnishing simple soups and plain entrées may be cut into dice or matches, but for more elaborate dishes they should either be turned into small balls with a round scoop, or cut into thin slices and afterwards stamped out by means of a fancy cutter. Carrot and turnip should either be boiled separately, or the former should be slightly cooked before adding the turnip, which requires longer cooking.

VEGETABLES, MIXED, OR MACEDOINE FOR GARNISH.

Ingredients.—Equal quantities of carrots, turnips, peas, salt.

Method.—Wash and scrape the carrots and turnips, shape them round or oval by means of special cutters sold as vegetable scoops, Boil them and the peas separately in salted water until tender, then drain well, and use as required. Asparagus points, flageolets, sprays of cauliflower, French beans, cut into diamonds, all may be used in addition to the above.

VEGETABLES, TINNED

(*See* **Peas, Tinned, to Dress**).

Follow the directions given, but omit the mint.

VEGETABLES, TO BOIL.

The time vegetables take to boil depends on their age. Young vegetables with tender fibres will, as a rule, cook in about 20 minutes, whereas those fully matured, and consequently containing a relatively larger amount of fibrous substance, will average no less than 40 minutes. The colour of green vegetables may be preserved by adding a little soda to the water in which they are boiled. The discoloration is due to hard water holding in solution a certain amount of lime, which is destroyed by the addition of a little soda, thereby softening the water and preserving the colour of the vegetables. As soon as the vegetables are sufficiently cooked they should be removed from the saucepan and drained, otherwise they absorb water, lose some of their flavour, and become discoloured.

All vegetables should be put into boiling water, to which salt should be added in the proportion of 1 tablespoonful to 2 quarts of water. The salt greatly improves the flavour of the vegetables, and it also raises the boiling point of the water, thus tending to preserve their colour. Plenty of water should be used for green vegetables, and a little soda to soften the water and counteract the hardening effect of the salt. All vegetables must be kept boiling, but Jerusalem artichokes, vegetable marrows, and others of a similar character, must be boiled more gently than cabbage and other greens, otherwise they may break. As soon as the vegetables are sufficiently cooked the water should be drained from them, for some are liable to break, and one and all become watery when kept in the water after they are done. They may, however, be covered with a cloth, and kept hot in a colander placed over an empty iron saucepan for a considerable time without injury.

The long, slow process of stewing is not often applied to green vegetables, for it would destroy their colour, but celery, celeriac, salsify, and cardons are frequently stewed, the method being peculiarly adapted to them when old. Very little stock or water should be used, and the vessel containing these vegetables must be kept closely covered to prevent the escape of the steam, which helps to cook them.

VEGETABLES, TO RENDER CRISP.

Lettuce, parsley, and other stale green vegetables may be made less limp by pouring over them a considerable quantity of boiling water.

After 2 or 3 minutes' immersion they should be well washed in cold water and served immediately.

VELVET CREAM.

INGREDIENTS.—½ pint of cream, ½ gill of water, 1 wineglassful of brandy or sherry, 1 oz. of castor sugar, ½ oz. of leaf gelatine.

METHOD.—Dissolve the gelatine and sugar in the water, and add the sherry or brandy. Whip the cream stiffly, add to the rest of the ingredients when cool, and mix well. Pour into the prepared mould, and let it stand on ice or in a cold place until firm.

TIME.—From 20 to 30 minutes. AVERAGE COST, 1*s*. 4*d*. to 1*s*. 6*d*. SUFFICIENT for 1 small mould.

VENISON, BROILED (Polish Fashion.

INGREDIENTS.—8 or 10 slices, ¼ inch thick, cut from a leg of venison, 1½ ozs. of clarified butter, ½ pint of Velouté or Allemande sauce, ½ gill of wine vinegar, 1 tablespoonful of meat glaze or meat extract, 12 juniper berries, salt and pepper.

METHOD. — Crush the juniper berries, simmer them for 10 or 15 minutes in the vinegar, then add the meat glaze and sauce, and cook gently for 15 minutes. When ready to use, strain, return to the stewpan, season to taste, and stir in ½ oz. of butter. Flatten the slices of venison with a cutlet-bat, and trim neatly. Heat the remainder of the butter in a sauté-pan, and fry the slices of venison quickly until nicely browned on both sides. Arrange them neatly in a hot entrée dish, pour over the prepared sauce, and serve.

TIME.—To fry, from 10 to 15 minutes. AVERAGE COST, 1*s*. 3*d*. to 1*s*. 6*d*. per lb. SEASONABLE from September to January, but may be bought from June.

VENISON, CHOPS AND STEAKS OF.

Venison chops are cut from the loin, and a thick slice from the leg is usually served as a steak They should be grilled over a clea fire, and served with a sauce made of equal quantities of oiled butter, red wine, and dissolved red-currant jelly. *See* Venison, Broiled Polish Fashion, and Venison Cutlets.

VENISON CUTLETS.

INGREDIENTS.—Best end of the neck of venison, butter, fresh mushrooms, to each lb. allow ¼ pint of good brown stock or gravy, and 1 oz. of butter, salt and pepper.

METHOD.—Skin and trim the mushrooms, put them into a stewpan with the butter, gravy, and plenty of seasoning, and stew gently from 35 to 40 minutes, or until tender. Divide the venison into cutlets about ½ inch in thickness, trim the bones at the end, but let the rest of the fat remain; flatten and pare the cutlets. Brush over with warm butter, season with salt and pepper, and grill over or in front of a clear fire from 20 to 25 minutes, turning occasionally, and brushing over frequently with hot butter. Place a small pat of fresh butter on the top of each cutlet, serve as hot as possible, and send the stewed mushrooms to table separately.

TIME. — About 40 minutes. AVERAGE COST, 1*s*. 6*d*. per lb. SEASONABLE from September to January.

VENISON, HASHED.

INGREDIENTS.—Remains of roast venison, and to each lb. allow 2 ozs. of butter, 1½ ozs. of flour, 1 glass of port wine, 1 tablespoonful of red currant jelly.

METHOD.—Cut the meat into neat slices, break up the bones, put them, with the trimmings of the meat and any venison gravy there may be, into a stewpan, cover with cold water, and simmer gently for 1 hour. When water alone is used, a small onion and a bunch of herbs should be added. Melt the butter in a stewpan, stir in the flour, and fry until brown. Add the strained stock, stir until boiling, then put in the meat, wine, jelly, salt and pepper to taste, cover the stewpan closely, and let it stand at the side of the stove for about 20 minutes for the meat to become thoroughly impregnated with the flavour of the sauce, which must not, however, be allowed to boil. Serve as hot as possible, garnished with croûtons of fried or toasted bread, and hand red currant jelly separately.

TIME.—About ½ hour, after the stock is made. AVERAGE COST, 8*d.* to 10*d.*, exclusive of the venison. SEASONABLE from September to January, but may be bought from June.

VENISON, HAUNCH OF, ROASTED.

INGREDIENTS.—A haunch of venison, flour, brown sauce or brown gravy, red currant jelly.

METHOD.—The haunch is the prime part of venison, and its excellence depends greatly on the relative proportions of fat and lean. An abundance of clear, creamy-white fat of close texture may be generally accepted as an indication of the good quality of the meat. The flesh of the buck is more highly esteemed than that of the doe. Venison, like mutton, improves with age, and this can be judged by the condition of the hoof, which in an old animal is deeply cut and rugged, whereas that of a young one has a small and smooth cleft. In cold weather, venison should be allowed to hang for about 14 days in a cool, dry place, but it must be carefully examined every day. The meat round the haunch bone first becomes tainted ; it is therefore advisable to run a small sharp knife into the flesh ; on being withdrawn, if it has an unpleasant smell, the affected parts must at once be washed with warm milk and water, dried thoroughly, and covered thickly with ground ginger and pepper, which must, however, be washed off before cooking. If a little of these condiments be sprinkled on the venison in the first instance, and the meat wiped dry every day, decomposition may be considerably retarded. When ready for use, saw off the knuckle-bone, rub well all over with clarified fat or dripping, and enfold in a well-greased paper. Make a stiff paste of common flour and water, put it over the joint, cover with another well-greased paper, and tie securely with string. Roast in front of a clear fire or in a moderate oven from 3 to 4 hours, according to size, and baste frequently. Within ½ an hour of serving, remove the paper and paste, dredge lightly with flour, and baste well with hot butter until the joint acquires a good brown colour. Serve as hot as possible, as the fat quickly cools and hardens, and send the brown sauce or gravy and the red currant jelly to table separately. The best end of the neck of venison, boned and rolled, makes an excellent dish, but other parts are not often roasted, the neck and shoulder being considered better adapted for stews, pies, and pasties.

AVERAGE COST, 1*s.* 6*d.* per lb. SEASONABLE, buck venison from June to the end of September ; doe venison from October to January.

VENISON (Chafing Dish Cookery).

INGREDIENTS.—1 lb. of venison, the juice of 3 small onions, 1 egg, 1 oz. of butter, flour, 1 teaspoonful of finely-chopped parsley, nutmeg, salt and pepper.

METHOD. — Pound the peeled,

sliced, and blanched onions in a mortar until reduced to a pulp, place this in muslin, and press out the juice with the back of a wooden spoon. Remove all skin, fat, and gristle from the meat, chop it finely, and mix with it the onion-juice, parsley, and a pinch of nutmeg. Stir in the egg, season to taste, form into flat cakes the size and shape of a fillet, and coat them lightly with flour. Heat the butter in a chafing-dish, put in the steaks, and fry gently for 10 minutes, turning them once. Place the cover on the chafing-dish, continue to cook gently for 5 minutes longer, then serve.

TIME.—To cook the steaks, about 15 minutes. AVERAGE COST, 2*s*. SUFFICIENT for 3 or 4 persons. SEASONABLE from June to January.

VENISON, NECK OF, TO ROAST.

METHOD.—Let the neck remain attached to the shoulder until required for use, so as to preserve the appearance of both joints. In preparing, follow directions for Mutton, Neck of, To Roast, and cook according to instructions given in Venison, Haunch of, Roasted.

VENISON, POTTED.

INGREDIENTS.—2 lbs. of venison, ¼ lb. of butter, 1 glass of port wine, salt and pepper, clarified butter.

METHOD.—Put the venison into a stewing-jar, with a close-fitting lid, add the wine and ¼ lb. of butter, and season with salt and pepper. Cover the top of the jar with 2 or 3 thicknesses of buttered paper, press the lid down tightly, and cook in a moderately cool oven for 2 hours. Drain well, chop finely, pound in a mortar until smooth, moistening the preparation gradually with gravy, and pass it through a wire sieve. Season to taste, press into small pots, and cover with clarified butter.

TIME.—To cook the venison, about 2 hours, AVERAGE COST, 3*s*. 10*d*. SUFFICIENT for 6 or 8 pots. SEASONABLE from June to February.

VENISON SAUCE.

INGREDIENTS.—1 small onion, 1 oz. of lean ham, 1 oz. of butter, ½ gill of vinegar, 12 crushed peppercorns, 1 bay-leaf, ½ a small minced carrot, a little thyme and chopped parsley, ½ pint of Espagnole sauce, 1 glass of port wine, 1 dessertspoonful of red currant jelly.

METHOD.—Mince the onion and the ham, fry them in butter, then add the vinegar, peppercorns, bay-leaf, carrot, and herbs. Cover the saucepan and simmer for 10 minutes. Then add the sauce, wine, and jelly. Cook for 10 minutes, skim and strain. Re-heat, season, and serve.

TIME.—From 30 to 35 minutes. AVERAGE COST, 1*s*. 3*d*.

VENISON, SHOULDER OF

(*See* **Venison, Haunch of, Roasted**).

VERMICELLI PUDDING.

INGREDIENTS.—2 ozs. of vermicelli, 1 oz. of sugar, or to taste, 2 eggs, 1 pint of milk, lemon-rind, bay-leaf, or other flavouring.

METHOD.—Boil the milk and flavouring ingredients together, add the vermicelli broken into short pieces, and simmer until tender. Now take out the bay-leaf or whatever has been used, add the sugar and eggs, mix all lightly together, and pour into a buttered piedish. Bake in a moderate oven for about 30 minutes, then serve.

TIME.—About 1 hour. AVERAGE COST, 6*d*. SUFFICIENT for 4 or 5 persons.

VERMICELLI SOUP.

Ingredients.—3 pints of consommé (*see* Clear Soup), 2 ozs. of vermicelli, salt and pepper.

Method.—Crush the vermicelli between the fingers into short lengths. Bring the stock to boiling point, sprinkle in the vermicelli, boil gently for 15 minutes, then season to taste, and serve.

Time.—About 30 minutes. Average Cost, 2*s.* 3*d.* Sufficient for 5 or 6 persons. Seasonable at any time.

VICTORIA PUDDING.

Ingredients.—8 ozs. of finely-chopped beef suet, 4 ozs. of breadcrumbs, 3 ozs. of flour, 4 ozs. of apples, 4 ozs. of apricot jam, 2 ozs. of finely-shredded mixed peel, 3 ozs. of dried cherries cut in quarters, 3 ozs. of sugar, 4 eggs, 1 glass of brandy, ½ gill of cream.

Method.—Peel, core, and chop the apples finely, and mix with them the suet, breadcrumbs, flour, peel, cherries, and sugar. Beat the eggs well, add the jam, cream, and brandy; when well mixed, stir them into the dry ingredients, and beat well. Pour into a well-buttered mould, cover with the buttered paper, and steam from 1½ to 2 hours. Serve with a suitable sauce.

Time.—From 2 to 2½ hours. Average Cost, 2*s.* 3*d.* Sufficient for 8 or 9 persons.

VICTORIA SANDWICHES.

Ingredients.—6 ozs. of flour, 4 ozs. of castor sugar, 2 ozs. of butter, 3 eggs, 1 teaspoonful of baking-powder, a little milk, jam, salt.

Method.—Stir the sugar and yolks of eggs together until thick and creamy, then add the butter melted. Pass the flour, baking-powder and a good pinch of salt through a sieve, stir it lightly into the rest of the ingredients, and add milk by degrees until the mixture drops readily from the spoon. Now whisk the whites of eggs stiffly, stir them in as lightly as possible, and pour the preparation into a well-buttered Yorkshire pudding tin. Bake in a moderately hot oven for about 20 minutes, let it cool, split in halves, spread thickly with jam, replace the parts, and press lightly together. Cut into finger-shaped pieces, arrange them in groups of 3, letting the layers cross each other, sprinkle liberally with castor sugar, and serve.

Time.—From 1¼ to 1½ hours, altogether. Average Cost, 9*d.* Sufficient for 1 large dish.

VIENNA STEAKS (Austrian Dish).

Ingredients.—2 lbs. of lean beef, 3 ozs. of butter, 1 tablespoonful of flour, 2 eggs, 2 onions, 1 teaspoonful of chopped parsley, 1 teaspoonful of powdered savoury herbs, nutmeg, salt and pepper, brown sauce.

Method.—Chop the meat finely or pass it twice through a mincing machine. Add the parsley, herbs, a little nutmeg, salt and pepper, mix well, and moisten with 1 whole egg and 1 yolk. Divide the preparations into equal portions, and shape them neatly, giving them the appearance of rather large fillets of beef, and roll them lightly in flour. Peel and slice the onions, divide the larger slices into rings, and if onions are liked, cut the smaller slices into large dice, fry them in a little hot butter, and when well drained add them to the brown sauce. Fry the prepared fillets in a little hot butter until nicely browned, and sufficiently cooked, then drain and keep them hot. Coat the onion rings with flour, dip them into white of egg, then again into flour, and fry in a wire basket in hot fat until crisp and lightly browned. Serve the steaks garnished with the onion rings, pour a little sauce round, and send the remainder to table in a sauce-boat.

TIME.—1 hour. AVERAGE COST, 3*s*. 6*d*. SUFFICIENT for 7 or 8 persons. SEASONABLE at any time.

VIENNA PUDDING.

INGREDIENTS.—5 ozs. of white bread cut into small dice, 3 ozs. of castor sugar, 3 ozs. of sultanas picked and cleaned, 2 ozs. of finely-shredded candied peel, 1 oz. of almonds, the grated rind of 1 lemon, 4 yolks of eggs, ½ pint of milk, 3 tablespoonfuls of sherry, caramel (*see* Caramel for Colouring Sauces).

METHOD.—Blanch, shred, and bake the almonds until well browned. Heat the milk, add sufficient caramel or burnt sugar to make it a deep, nut-brown colour, then pour it on to the well-beaten yolks of eggs, stirring meanwhile. Mix the bread dice, sugar, sultanas, peel, almonds, and lemon-rind well together, add the sherry and prepared milk, etc., cover, and let it stand for 1 hour. When ready, turn the mixture into a well-buttered mould, steam for about 2 hours, and serve with German custard, arrowroot, or other suitable sauce.

TIME.—About 3¼ hours, altogether. AVERAGE COST, 1*s*. 3*d*. SUFFICIENT for 6 or 7 persons.

VINAIGRETTE SAUCE (For Asparagus, Calf's Head, Brains, etc.).

INGREDIENTS.—4 tablespoonfuls of salad oil, 2 tablespoonfuls of tarragon vinegar, ½ a teaspoonful each of finely-chopped gherkin, shallot, and parsley, salt and pepper.

METHOD.—Mix all well together, and use as required.

TIME.—About 5 minutes. AVERAGE COST, 4*d*. or 5*d*.

VINEGAR.

The best vinegar comes from France, and is made from white wine. Ordinary vinegar is made chiefly from malt, cheap wine, and cider, by a long process whereby acetic acid is produced. Any of these vinegars may be used to form the base of chili, tarragon, or eschalot vinegar, the ingredients from which they take their name being steeped in the vinegar until the desired flavour is imparted. An inferior variety of vinegar is distilled from wood, but it is somewhat lacking in flavour and consequently considered suitable only for pickling purposes. Vinegar serves many useful purposes in cookery: it enters largely into the composition of many sauces; and greatly assists in softening the fibres of tough meat. Vinegar is also an antiseptic; and, taken in small quantities, it promotes digestion by stimulating the organs engaged in the process into greater activity; but if taken in excess it is highly injurious.

WAFFLES (American Recipe).

INGREDIENTS.—1 cupful of butter, 3 cupfuls of sugar, 3 eggs, ½ teaspoonful of saleratus, ½ a nutmeg grated, ½ a teaspoonful of salt, 1 teaspoonful of milk, flour.

METHOD.—Beat the butter, add to it the sugar, nutmeg, salt, saleratus, previously dissolved in the milk, and the eggs. Beat well, adding gradually as much flour as will make a thick batter. Heat the waffle-iron, rub it over with butter, put in about 2 tablespoonfuls of the batter, and cook over a sharp fire.

TIME.—To cook, from 8 to 10 minutes. AVERAGE COST, 1*s.* 2*d.* to 1*s.* 4*d.* SUFFICIENT for 8 or 9 persons. SEASONABLE at any time.

WAFFLES MADE WITH YEAST (American Recipe).

INGREDIENTS.—Flour, 1 pint of warm milk, 1 tablespoonful of fresh yeast, 1 oz. of butter, ½ a nutmeg grated, ½ a teaspoonful of salt, 3 eggs.

METHOD.—Beat the eggs well, add the yeast, milk, butter melted, nutmeg, salt, and as much flour as will make a light batter. Cover and let it remain in a warm place from 2½ to 3 hours. Cook as directed in recipe for Waffles or Wafers.

TIME.—Altogether, about 4 hours. AVERAGE COST, 9*d.* SUFFICIENT for 7 or 8 persons. SEASONABLE at any time.

WAFFLES OR WAFERS.

INGREDIENTS.—1 quart of milk, 6 eggs, ¼ lb. of butter, 2 ozs. of distillery compressed yeast, salt, flour.

METHOD.—Beat the eggs, and melt the butter; then dissolve the yeast in a little of the milk, mix all together, then add in sufficient flour to make a nice, smooth, thin batter. Set this to rise, and bake in waffle-irons, which may be obtained at an ironmonger's.

TIME.—10 to 15 minutes. AVERAGE COST, 1*s.* 3*d.* SUFFICIENT for about 3 dozen wafers or waffles.

WALLABY, ROASTED (Australian Recipe).

INGREDIENTS.—1 wallaby, veal forcemeat, milk, butter.

METHOD.—In winter the animal may hang for some days, as a hare, which it resembles; but in summer it must, like all other flesh, be cooked very soon after it is killed. Cut off the hind legs at the first joints, and after skinning and paunching let it lie in water for a little while, to draw out the blood. Make a good veal forcemeat, and after well washing the inside of the wallaby, stuff it, and sew it up. Truss as a hare, and roast before a bright, clear fire from 1¼ to 1¾ hours, according to size. It must be kept some distance from the fire when first put down, or the outside will be too dry before the inside is done. Baste well, first with milk and then with butter, and when nearly done dredge with flour and baste again with butter till nicely browned.

TIME.—2 hours.

WALNUT CREAM ICE (*See* Pistachio Cream Ice).

Omit the spinach greening, and, if preferred, substitute vanilla essence for the noyeau.

WALNUT GRAVY (for Vegetarian Dish).

INGREDIENTS.—½ pint of vegetable stock, 2 tablespoonfuls of walnut ketchup, salt and pepper.

METHOD.—Make the stock as directed, strain, season to taste, add the walnut ketchup, and serve. The colour may be improved by the addition of a few drops of caramel.

TIME. — Altogether, 1 hour. AVERAGE COST, 1½*d.* to 2*d.*

WALNUT KETCHUP.

INGREDIENTS.—100 green walnuts, 1 quart of good vinegar, 3 ozs. of salt, 4 ozs. of anchovies, 12 finely-chopped shallots, ½ a stick of finely-grated horseradish, ½ a teaspoonful each of mace, nutmeg, ground ginger, ground cloves, and pepper, 1 pint of port.

METHOD.—The walnuts must be very young and tender. Bruise them slightly, put them into a jar with the salt and vinegar, and let them remain for 8 days, stirring them daily. Drain the liquor from them into a stewpan, add to it the rest of the ingredients, simmer very gently for 40 minutes, and when cold strain the preparation into small bottles. Cork them closely, cover with melted wax, and store in a cool, dry place.

WALNUT SAUCE.

INGREDIENTS.—¾ pint of stock, 1½ ozs. of butter, 1½ ozs. of flour, 2 small onions sliced, 4 firm pickled walnuts, 1 tablespoonful of walnut vinegar, salt and pepper.

METHOD.—Melt the butter in a stewpan, fry the onion until lightly browned, then sprinkle in the flour. Fry slowly until the flour acquires a nut-brown colour, then add the stock, and simmer gently for 20 minutes. Strain and return to the stewpan, season to taste, add the vinegar and the walnuts, previously cut into dice. Serve with braised mutton, or any dish requiring a sharp sauce.

TIME.—About 40 minutes. AVERAGE COST, *6d.* or *7d.*

WALNUTS, PICKLED.

INGREDIENTS. — Green walnuts, vinegar. To 3 pints of vinegar allow 1 oz. of salt and ½ oz. each of allspice, peppercorns, cloves, and whole ginger.

METHOD.—Wipe the walnuts with a dry cloth, put them into wide-necked bottles, or unglazed jars, and cover them with cold vinegar. Cover closely, let them stand in a cool, dry place for 4 months, then drain off the vinegar. Boil as much fresh vinegar as will cover them, with the seasonings as stated above, and pour it, while boiling hot, over the walnuts. Cover closely, and store for 3 weeks in a cool, dry place; the walnuts will then be ready for use.

WASHINGTON PIE (American Recipe).

INGREDIENTS.—1 lb. of flour, ¾ lb. of castor sugar, ½ lb. of butter, 6 eggs, 1 gill of cream, the finely-grated rind of ½ a lemon, ½ a teaspoonful of saleratus, fruit jelly, or apricot marmalade.

METHOD.—Beat the butter and sugar together until white and creamy, then add the lemon-rind and the eggs two at a time, beating well between each addition. Mix the saleratus with the cream, stir it into the mixture, and add the flour as lightly as possible. Turn into 4 round shallow baking-tins, and bake in a moderate oven. Allow the cakes to get cold, then split them and put a thick layer of fruit jelly or apricot marmalade, which has been stiffened by a little gelatine, between the cakes. Cut into sections, and serve as a cold sweet.

TIME.—To bake, about 20 minutes. AVERAGE COST, *2s. 6d.* SUFFICIENT for 4 cakes. SEASONABLE at any time.

WASHINGTON PUDDING (*See* Canary Pudding).

Add 2 tablespoonfuls of raspberry jam to the ingredients for the same, and follow the directions given.

WATER ICE MADE FROM JAM.

INGREDIENTS.—½ lb. of jam, 2 ozs. of icing sugar, 1 pint of water, the juice of 1 lemon, liquid colouring.

METHOD.—Put all these ingredients together in a stewpan, bring to the boil, skim well, and simmer gently for 10 minutes. Now tammy or rub through a very fine hair sieve, add a few drops of colouring matter to brighten the colour, and when cold freeze in the usual way.

TIME.—About ½ an hour. AVERAGE COST, 6*d.* or 9*d.* SUFFICIENT for 1½ pints.

WATER SOUCHET.

INGREDIENTS.—Flounders, plaice, soles, perch, or tench, parsley, salt, pepper.

METHOD.—Any of the above-named fish will be found suitable. Wash and clean the fish, put it into a stewpan with just sufficient cold water to cover it, add a small bunch of parsley and salt to taste. Cook gently until done, then transfer the fish carefully to a deep dish or tureen, sprinkle over it 1 teaspoonful of finely-chopped parsley, strain, and add the liquor, then serve. Brown bread and butter should be handed round.

WEDDING CAKE.

INGREDIENTS.—2 lbs. of butter, 2 lbs. of castor sugar, ½ gill of caramel, 2½ lbs. of flour, 18 eggs, 3 lbs. of currants, 3 lbs. of sultanas, 1½ lbs. of mixed peel, ½ lb. of blanched sweet almonds, the grated rind of 2 lemons, ½ a small nutmeg, 1 oz. of mixed spice, and ½ pint of brandy.

METHOD.—After cleaning the fruit and grating the nutmeg, cream the butter and sugar together, and beat well till very light and smooth. Add a teaspoonful of salt, and work in the eggs one at a time. Work the flour in gradually, and then the remainder of the ingredients, but only beat in a little at a time. See that the whole is thoroughly mixed. Have ready a large cake tin, line it with brown paper, and allow at least 3 rounds of paper for the bottom; then put in the mixture, and bake in a moderately cool oven for 5 hours. When done allow it to stand for 1 or more days, then cover with almond icing, and coat with royal and transparent icing. Lastly, pipe the cake with royal icing according to taste.

TIME.—6 hours. AVERAGE COST, 1*s.* 6*d.* per lb. SUFFICIENT for a moderate-sized cake.

WEDDING PUNCH.

INGREDIENTS.—1 quart of champagne, 1 bottle of claret, 1 bottle of seltzer water iced, 1 wineglassful of curaçoa, sugar to taste, ½ pint of crushed ice, strips of cucumber, sprigs of young mint.

METHOD.—Mix all the ingredients together, and serve with the mint and cucumber floating on the surface.

WELLINGTON PUDDING.

INGREDIENTS.—4 ozs. of finely-chopped beef suet, 4 ozs. of flour, 4 ozs. of brown breadcrumbs, 4 ozs. of cleaned and picked sultanas, 1 oz. of finely-chopped candied orange-peel, 4 ozs. of castor sugar, 5 eggs, 1 gill of milk, 1 tablespoonful of caramel (*see* Caramel Colouring), ½ a teaspoonful of ground cinnamon, nutmeg, 1 small glass of Marsala or sherry; apricot or other suitable sauce. For the purée: 1 lb. of chestnuts, 2 tablespoonfuls of cream, sugar, vanilla.

METHOD.—Mix the suet, flour, breadcrumbs, sultanas, peel, sugar, cinnamon, and a pinch of nutmeg together. Beat the eggs well, add the caramel and half the milk, and stir into the dry ingredients with as much milk as may be needed to thoroughly moisten the whole. Pour the mixture into a well-buttered border mould, cover with a buttered paper, and steam from 2½ to 2¾ hours. Meanwhile, shell, scald, and skin the chestnuts, cook them in a very little milk until tender, rub them through a fine sieve, sweeten to taste, add a few drops of vanilla, and the cream. Invert the border on to a hot dish, pile the purée in the centre, and pour the sauce round.

Time.—From 3 to 3¼ hours. Average Cost, 2*s.* to 2*s.* 3*d.* Sufficient for 6 or 7 persons.

WELSH PUDDING.

Ingredients.—8 ozs. of finely-chopped suet, 8 ozs. of bread-crumbs, 8 ozs. of sugar, the juice of 2 large lemons, and the finely-grated rind of 1 lemon, 2 eggs.

Method.—Mix all the dry ingredients together, add the eggs, and a little milk if the mixture appears too stiff. Turn into a buttered basin, steam or boil from 3½ to 4 hours, and serve with a suitable sauce.

Time.—From 3½ to 4 hours. Average Cost, 1*s.* Sufficient for 5 or 6 persons.

WELSH RABBIT OR RAREBIT.

Ingredients.—4 ozs. of Cheshire or Cheddar cheese, ½ oz. of butter, 2 or 3 tablespoonfuls of milk or ale, mustard, pepper, buttered toast.

Method.—Cut the cheese into small pieces, place these in a saucepan with the butter, milk or ale, ½ a mustardspoonful of mustard and pepper to taste, and stir the mixture by the side of the fire until it resembles thick cream. Have ready some squares of hot well-buttered toast, pour on the cheese preparation, and serve at once.

Time. — 10 minutes. Average Cost, 5*d.* or 6*d.* Sufficient for 6 or 7 persons, if served as a savoury. Seasonable at any time.

WELSH RAREBIT.

Ingredients.—½ lb. of Cheshire or Cheddar cheese, 1 oz. of butter, 2 tablespoonfuls of either milk or ale, 1 teaspoonful of made mustard, hot buttered toast.

Method.—Melt the butter in a stewpan, add the cheese cut into small pieces, stir until melted, then add the milk or ale gradually, mustard and season to taste. Have ready some hot buttered toast, pour the cheese preparation on to it, and serve as hot as possible.

Time.—15 minutes. Average Cost, 10*d.* Sufficient for 3 persons.

WELSH RAREBIT (Chafing Dish Cookery).

Ingredients.—4 ozs. of Cheddar cheese, ½ a teacupful of milk, 1 egg, salt, 3 slices of toasted bread.

Method.—Cut up the cheese free from rind, put it with the milk in the chafing dish, stir till the cheese is quite dissolved, add a pinch of salt. When hot, stir in the egg previously beaten up; continue to stir till the mixture is smooth, but do not allow it to boil. Have ready the toasted bread, butter one side, and place it on a hot dish. Pour over the cheese mixture and serve hot.

Time.—About 15 minutes. Average Cost, 5*d.* Sufficient for 3 persons. Seasonable at any time.

WEST RIDING PUDDING.

Ingredients.—Jam, 4 ozs. of flour, 3 ozs. of castor sugar, 2 ozs. of butter, 2 eggs, 1 teaspoonful of baking-powder, a little milk, short crust paste.

Method.—Line and decorate a piedish with paste as directed in the recipe for Apple Amber; cream the butter and sugar together until thick and smooth, and add the eggs, one at a time. Beat thoroughly, then stir in the baking-powder and flour as lightly as possible, and add milk gradually until the mixture drops readily from the spoon. Place a thick layer of jam on the bottom of the prepared piedish, pour in the mixture, and bake from 1 to 1¼ hours. Dredge well with castor sugar, and serve either hot or cold.

TIME.—From 1½ to 1¾ hours. AVERAGE COST, 1*s.* SUFFICIENT for 6 or 7 persons.

WHEAT, INDIAN

(*See* **Maize or Indian Corn**).

WHEAT OR MAIZE, ITALIAN, TO BOIL

(*See* **Maize or Indian Corn**).

WHEATEARS, TO DRESS.

INGREDIENTS.—Wheatears, fresh butter, watercress.

METHOD.—After the birds are picked, drawn, and cleaned, truss them like larks, cook them in front of a quick fire, and baste them well with oiled butter. When done, which will be in about 20 minutes, dish them up, garnish the dish with watercress, and serve with fried breadcrumbs.

TIME.—20 minutes. AVERAGE COST, from 6*d.* each. SEASONABLE from July to October.

WHEATMEAL DUMPLINGS (Vegetarian Dish).

Form small pieces of dough (wholemeal or ordinary bread dough) into dumplings, cook them as directed for Norfolk dumplings, and serve with cream and sugar, golden syrup or jam.

WHEATMEAL PORRIDGE (Vegetarian dish).

INGREDIENTS. — Wheatmeal coarsely ground, water.

METHOD.—Proceed as directed for Oatmeal.

WHEY

(*See* **Curds and Whey, Lemon Whey, and White Wine Whey**).

WHITEBAIT.

INGREDIENTS. — Whitebait, ice, flour, cayenne, salt, frying fat.

METHOD.—The frying of whitebait is a most difficult task for cooks with little experience. The following is a well-tried method which, if carefully followed, never fails to produce satisfactory results : Put the whitebait with a piece of ice in a basin, which must be kept on the ice. When required for cooking, spread the fish on a cloth to drain, then sprinkle a clean cloth with flour, put a small quantity of whitebait on this, sprinkle over some more flour, fold the cloth and shake it well, holding the ends of the cloth with both hands. Turn the contents into a wire drying basket, and shake it so as to get rid of the superfluous flour. Plunge the basket into a pan of clean, very hot lard, and fry rapidly over a bright fire for 3 or 4 minutes. Keep moving the basket all the time the frying goes on. Take up the basket, shake so as to strain off the fat, and turn the fish on to a cloth or paper ; repeat this until all the whitebait are fried. Season with cayenne or black pepper, and fine salt. Dish up on a folded napkin or lace paper, and send the fish to table accompanied with quarters of lemon and thin slices of brown bread and butter.

TIME.—From 3 to 4 minutes. AVERAGE COST, 1*s.* 6*d.* per quart. SEASONABLE from January to September.

WHITE MUSHROOM SAUCE.

Ingredients. — 1½ gills of Béchamel sauce, 1½ gills of veal stock, 8 or 10 preserved mushrooms, ½ gill of the liquor, ½ gill of Chablis, 1 dessertspoonful of lemon-juice, 1 tablespoonful of cream.

Method.—Boil the stock and Béchamel together until reduced to half the original quantity; add the mushrooms sliced, the liquor, lemon-juice, and wine. Boil again, skim, season, and add the cream.

Time.—20 to 25 minutes. Average Cost, 1*s.* 2*d.* to 1*s.* 4*d.*

WHITE OR MILK SOUP.

Ingredients.—2½ pints of milk, 3 tablespoonfuls of cooked rice, 1½ ozs. of flour, 1 teaspoonful of finely-chopped onion, 1 saltspoonful of finely-chopped lemon-rind, ¼ of a saltspoonful of ground mace, salt and pepper.

Method.—Mix the flour smoothly with a little cold milk or water, add it to the milk when quite boiling, and stir until it thickens slightly. Put in the onion, lemon-rind, and a seasoning of salt and pepper, simmer gently for 15 minutes, then add the prepared rice, and serve.

Time.—About ½ an hour. Average Cost, 6*d.* Sufficient for 5 persons. Seasonable at any time.

WHITE SAUCE FOR PUDDINGS.

Ingredients.—¾ pint of milk, 1 dessertspoonful of cornflour, sugar to taste, 2 or 3 strips of lemon-rind, salt.

Method.—Blend the cornflour smoothly with a little cold milk, and put the remainder into a saucepan. Add the lemon-rind and a pinch of salt, simmer gently for 10 or 15 minutes, then strain over the blended cornflour, stirring meanwhile. Return to the saucepan, sweeten to taste, simmer gently for 5 minutes, and use as required. Any other flavouring may be substituted for the lemon-rind.

Time.—About 20 minutes. Average Cost, 2*d.* to 2½*d.*

WHITE SAUCE FOR PUDDINGS (For Vegetarian Dish).

Ingredients.—1 lemon, 1 teaspoonful of cornflour, 2 tablespoonfuls of milk, ½ pint of water, 1 teaspoonful of white sugar.

Method.—Peel the lemon thinly, boil the lemon-rind in the water, mix the cornflour with the milk to a smooth paste, and pour on the boiling water. Put it back in the saucepan with the sugar, and let it boil for 10 minutes; add the lemon-juice, and serve.

Time.—15 minutes. Average Cost, 2½*d.*

WHITE SAUCE FOR VEGETABLES, VEAL, RABBIT, AND POULTRY.

Ingredients.—1 oz. of butter, 1 oz. of flour, ½ pint of milk, ½ gill of white stock, ½ a bay-leaf, salt, and white pepper.

Method.—Melt the butter in a small saucepan, stir in the flour, and cook for a few minutes without allowing the flour to brown. Dilute with the milk, stir till it boils, then add the stock and bay-leaf, and let simmer for at least 10 minutes. Remove the bay-leaf, season to taste, and strain.

Time.—25 to 35 minutes. Average Cost, 4*d.*

WHITE SAUCE WITHOUT STOCK (For Vegetables, Meat, Poultry, etc.).

Ingredients.—1 pint of milk, 1 tablespoonful of cream (this may be omitted), 2 ozs. of butter, 1½ ozs. of flour, 1 small carrot, 1 small onion, 1 strip of celery, 1 bay-leaf, salt, 10 peppercorns.

METHOD.—Cut the carrot and celery into rather large pieces, put them with the milk, onion, and bay-leaf into a saucepan, and simmer gently for about ½ an hour. If the milk reduces in simmering, add more to make up the original quantity. Melt the butter in another saucepan, stir in the flour, and cook for 7 or 8 minutes without browning. Let this roux cool slightly, then add to it the milk and vegetables, and whisk briskly until it boils. Simmer for 10 minutes, strain through a tammy-cloth, or rub through a fine hair sieve, re-heat, season to taste, add the cream, and use.

TIME.—About 50 minutes. AVERAGE COST, *6d.*

Note.—For white sauces made with stock, *see* Béchamel, Velouté, etc.

WHITE SOUP.

INGREDIENTS.—2 small onions, 1 turnip, 1 lb. of potatoes, 1 branch of celery, 2 small parsnips or artichokes, 3 pints of water, ½ pint of milk, 1 dessertspoonful of flour or cornflour, 1 oz. of butter, salt.

METHOD.—Cut about 2 lbs. weight of any white vegetables, previously washed and peeled, into pieces, or preferably several kinds mixed, and boil them until soft in the water with salt and butter. Rub them through a sieve or colander, put them back in the stewpan with the milk, and let it boil. Put in the flour, mixed smoothly with a little cold water or milk, let the soup boil for 10 minutes, and serve with dice of fried bread.

TIME.—About 1 hour. AVERAGE COST, *5d.* SUFFICIENT for 5 or 6 persons.

WHITE SOUP FROM TINNED RABBIT.

INGREDIENTS.—1 tin of rabbit, 1 oz. of butter, 1 oz. of flour, 2 small onions sliced, 1 small carrot, sliced, 2 or 3 slices of turnip, a bouquet-garni (parsley, thyme, bay-leaf), 3 pints of hot water, 1 pint of milk, 3 tablespoonfuls of cream, (this may be omitted), salt and pepper.

METHOD.—Place the whole contents of the tin in a stewpan, add the water, and, when boiling, put in the vegetables and herbs, with a little salt and pepper. Simmer gently for about 1 hour, then pass the rabbit and the liquor through a fine wire sieve, and return to the stewpan. Boil up, add the milk, the butter and flour, previously mixed smoothly together, and divided into small pieces, with seasoning to taste. Make thoroughly hot, and stir in the cream just before serving. The soup may be garnished with shredded vegetables, macaroni, spaghetti, etc.

TIME.—About 1¾ hours. AVERAGE COST, 1*s.* 8*d.* SUFFICIENT for 5 or 6 persons.

WHITE WINE SAUCE (For Fish, etc.).

INGREDIENTS.—¼ pint of fish stock, ½ pint of white stock, ½ gill of white wine (chablis), ¾ oz. of flour, 2 ozs. of butter, the yolks of 2 eggs, ½ a lemon, salt, and white pepper.

METHOD.—If the sauce is required for dressed fish the fish should be cooked in a mirepoix, or foundation preparation, of sliced onion, parsley, and savoury herbs; as is usual with the appropriate quantity of moisture, the liquor is strained and used in the sauce. Melt 1 oz. of butter, stir in the flour and cook a little, then dilute with stock, fish liquor, and wine, and cook for 15 minutes. Add, continuously stirring, the remainder of the butter bit by bit, also the yolks of eggs, one at a time. Season with a little salt and a pinch of mignonette or white pepper, and add a few drops of lemon-juice, strain through a tammy-cloth or napkin, and use as sauce for dressed fish, etc.

Mostly served with soles, salmon, trout, and whiting.

TIME.—About ½ an hour. AVERAGE COST, 1*s*.

WHITE WINE WHEY (For Invalids).

INGREDIENTS.—½ pint of milk, ½ glass of sherry, sugar to taste.

METHOD.—Put the milk and wine into a small stewpan, simmer gently until the milk curdles, then strain through a fine sieve. The whey should be served hot; the curds, the indigestible part of the milk, are not used.

TIME.—5 minutes. AVERAGE COST, 3½*d*.

WHITING, BAKED

(*See* **Sole au Gratin**).

Use skimmed whiting, and proceed in the same manner.

WHITING, BAKED, WITH SWEET HERBS

(*See* **Sole with Fine Herbs**).

WHITING, BOILED.

INGREDIENTS.—Whiting, salt.

METHOD.—Clean the fish, but do not skin them. Have ready sufficient warm water to cover them, salt it slightly, put in the fish, bring gently to the boil, and simmer for 7 or 8 minutes (if small). Drain well, serve on a folded napkin, garnish with parsley, and serve with a suitable sauce.

TIME.—7 or 8 minutes for small whiting. AVERAGE COST, 3*d*. to 9*d*. each. ALLOW 1 small whiting for each person. SEASONABLE all the year, but best from October to March.

WHITING, BROILED.

INGREDIENTS.—Whiting, a little oil or butter.

METHOD.—Wash, and thoroughly dry the fish. Brush them over with a little oil or melted butter, and broil over a clear fire.

TIME.—From 6 to 8 minutes, for a small whiting. AVERAGE COST, 3*d*. to 9*d*. each. ALLOW 1 small whiting for each person. SEASONABLE all the year.

TO CHOOSE WHITING.—Choose for the firmness of its flesh, and the silver hue of its appearance.

WHITING CREAM (Invalid Cookery).

INGREDIENTS.—1 whiting, which should weigh 4 ozs. when freed from skin and bone, 1 oz. of flour, ½ oz. of butter, 1 yolk of egg, ½ gill of milk, ½ gill of cream, pepper and salt.

METHOD.—Melt the butter in a stewpan, stir in the flour, add the milk, cook until the panada leaves the sides of the pan and forms a compact mass round the bowl of the spoon, then turn on to a plate to cool. Pound the fish in a mortar until smooth, adding the panada, egg, and little seasoning, and pass the mixture through a fine sieve. Whip the cream slightly, stir it lightly into the preparation, which afterwards turn into a well-buttered soufflé mould. Cover with a buttered paper, steam gently from 40 to 45 minutes, then turn out and serve, either plain or with a white fish sauce poured over and round.

TIME.—1¼ hours. AVERAGE COST, 9*d*.

WHITING FORCEMEAT.

INGREDIENTS.—1 whiting, 2 ozs. of panada or soaked bread, 1 oz. of butter, Béchamel sauce, 1 egg, cream.

METHOD. — Remove the meat from the whiting, pound it in a mortar, with 2 ozs. of panada and 1 oz. of butter, and rub all through a fine sieve. Put this preparation into a basin, and work in gradually 1 tablespoonful of well-reduced cold Béchamel sauce, 1 whole egg, and 1 tablespoonful of cream. Season with pepper, salt, and a little grated nutmeg. Test the farce or forcemeat before using, and if not sufficiently firm add another yolk of egg or a little panada. Use as directed.

WHITING, FRIED.

INGREDIENTS.—2 whiting, 1 egg, breadcrumbs, flour, salt, pepper, frying-fat or oil.

METHOD.—Wash, clean, and dry the fish, and remove their skins, and fasten the tail in the mouth by means of a small skewer. Mix a teaspoonful of flour with salt and pepper, and rub it well into the fish; then brush them over with egg, coat them with breadcrumbs, and fry until nicely browned in hot fat. Serve on a fish paper, garnished with crisply-fried parsley.

TIME.—To fry, 6 or 7 minutes. AVERAGE COST, 3*d.* to 9*d.* each. SUFFICIENT 1 small whiting for each person. SEASONABLE all the year, but best from October to March.

WHITING, STEAMED (Invalid Cookery).

INGREDIENTS.—1 whiting, ½ an oz. of butter, ½ oz. of flour, lemon-juice, 1 gill of milk, salt and pepper.

METHOD.—Skin the whiting and truss it with its tail in its mouth. Place it in a well-buttered soup plate, sprinkle it lightly with salt, pepper, and lemon-juice, and cover with a buttered paper. Have ready a saucepan containing boiling water, place the plate on the top of it, and cover with another plate or the lid of the saucepan. Cook from 30 to 35 minutes, turning the fish once during the process. Blend the flour and butter, add the milk, stir until boiling, and cook for about 10 minutes. Season with salt and pepper, add lemon-juice to taste, pour over the whiting, and serve.

TIME.—35 minutes. AVERAGE COST, 5½*d.*

WHOLE RICE MOULD.

INGREDIENTS.—4 ozs. of Carolina rice, 1 quart of milk, 3 ozs. of castor sugar, the thinly-cut rind of ½ a lemon.

METHOD.—Simmer the rice, sugar, lemon-rind, and milk together until the rice is perfectly tender and the milk almost absorbed. Remove the lemon-rind, pour the preparation into a wet mould, and, when firm, turn out and serve with jam, stewed fruit, or custard sauce.

TIME.—About 1½ hours. AVERAGE COST, 6*d.* SUFFICIENT for 1 large mould.

WIDGEONS, ROASTED.

INGREDIENTS.—Widgeons, butter for basting, watercress, lemons. For the sauce: ½ pint of brown sauce, 1 glass of port wine or claret, the juice of 1 lemon and 1 orange, salt and pepper, castor sugar.

METHOD.—Truss the birds for roasting. Baste well with hot butter, and roast in front of a clear fire for about 20 minutes, or bake in a moderately-hot oven for the same length of time. Keep them well basted with hot butter, and shortly before serving sprinkle lightly with flour, to give the birds a nice appearance. Meanwhile, make the brown sauce as directed, add to it the wine, orange and lemon juices, a pinch of sugar, salt and pepper to taste, simmer for 15 minutes, then strain, skim, and serve with the birds on a hot dish, garnished with watercress and quarters of lemon, and hand the sauce separately.

Time.—About 20 minutes. Average Cost, from 1*s.* 6*d.* each. Seasonable from August 1st to March 15th.

WILD DUCK, RAGOÛT OF.

Follow the directions given for Wild Duck, Salmi of, when using cold remains; otherwise, first roast the duck for about 20 minutes (*see* Wild Duck, Roasted), cut it into neat joints, and afterwards proceed as directed.

WILD DUCK, ROASTED.

Ingredients.—1 wild duck, ½ pint of good gravy, ½ pint of either Bigarade or port wine sauce, flour, butter for basting, lemons.

Method.—Truss the bird for roasting, and if the fishy taste is disliked cover a deep baking-tin to the depth of ½ an inch with boiling water, add a tablespoonful of salt, put in the bird, and bake it for 10 minutes, basting very frequently with the salt and water. Then dry, sprinkle lightly with flour, baste well with hot butter, and either roast in front of a clear fire for about 20 minutes or bake for the same length of time in a moderately-hot oven, basting frequently with hot butter. These birds should always be served rather underdone, otherwise they lose their flavour. An orange salad frequently accompanies this dish. To make this salad the oranges should be cut across into thin slices, the pips, every particle of skin and pith removed, and the fruit arranged in layers in a dish, each layer being sprinkled with a little castor sugar, salad-oil, and, if liked, a little brandy.

Time.—About 30 minutes. Average Cost, from 3*s.* each. Seasonable from August 1st to March 15th.

WILD DUCK, SALMI OF.

Ingredients.—The remains of cold roast wild ducks, 1 pint of stock made from the bones and trimmings of game, 1 glass of port wine or claret, 1½ ozs. of butter, 1 oz. of flour, 1 teaspoonful each of orange-juice and lemon-juice, a few thin strips of fresh orange-rind, 1 small onion, 2 or 3 sprigs of thyme, 1 bay-leaf, salt and pepper, cayenne.

Method.—Cut the remains of the ducks into neat pieces, put the bones and trimmings, the onion, thyme, and bay-leaf into a stewpan, cover with cold water, and simmer for at least 1½ hours. Melt the butter in a stewpan, stir in the flour, cook until a brown roux or thickening is formed, then add the strained stock, and stir until it boils. Add the pieces of duck, orange and lemon-juices, and wine, season to taste, cover the stewpan closely, and let it stand for about 20 minutes, where the contents will become thoroughly hot but they must not be allowed to boil.

A salmi is a convenient way of utilizing cold game of any description, and with a little variation of flavouring the above may be adapted to hare, grouse, pheasant, or partridge. Although the cold remains of any bird make, with the addition of a good sauce, an excellent dish, a salmi, to be eaten in perfection, should be made from birds freshly cooked for the purpose. A salmi may be garnished with croûtons of fried bread or puff paste, braised olives, button mushrooms, or truffles, while slices of lemon, or divisions of oranges are considered a suitable garnish for wild duck.

TIME.—About 2 hours. AVERAGE COST, 9*d.* to 10*d.*, exclusive of the wild duck. SEASONABLE from August 1st to March 15th.

Note. — In cooking or re-heating game, every effort should be made to retain the characteristic flavour of the bird or animal; and all flavouring materials added to the sauce or gravy must be used in moderation, otherwise they overpower and destroy the flavour the dish should possess.

WINDSOR PUDDING.

INGREDIENTS.—6 apples, 1 oz. of castor sugar, 1 oz. of Carolina rice, 1 teaspoonful of lemon-juice, ½ a teaspoonful of finely-grated lemon-rind, 4 whites of eggs, milk.

METHOD.—Boil the rice in milk until quite tender, and drain well. Bake or stew the apples until soft, pass them through a fine sieve, and stir in the sugar, rice, lemon-rind, and lemon-juice. Whisk the whites stiffly, stir them lightly in, and turn into a buttered basin. Steam as gently as possible for about 40 minutes, and serve with custard sauce made with the yolks of the eggs.

TIME.—To steam the pudding, about 40 minutes. AVERAGE COST, 1*s.* to 1*s.* 2*d.* SUFFICIENT for 4 or 5 persons.

WINE CUP.

INGREDIENTS.—1 pint of champagne (iced), 1 pint of good claret, 1 pint of mineral water, 1 wineglassful of brandy, 1 wineglassful of Curaçoa, 1 orange sliced, 1 lemon sliced, 2 pieces of cucumber rind, green mint, ice.

METHOD.—Put all these ingredients into a large glass jug, adding 2 or 3 tablespoonfuls of crushed ice. If liked, a little castor sugar may be added. The cup is served with small sprigs of mint floating on its surface.

WINE JELLY.

INGREDIENTS.—1 quart of water, ⅓ of a pint of wine, sherry, or Marsala, 4 ozs. of loaf sugar, 2½ ozs. of French leaf gelatine, 1 orange, 1 lemon, ½ oz. of coriander seed, the whites and shells of 2 eggs.

METHOD.—Put the water, sugar, gelatine, the juice and finely-cut rind of the orange and lemon, and the coriander seeds into a stewpan, and let them soak until the gelatine is softened. Whisk the whites and shells of the eggs together, add them to the rest of the ingredients, and whisk over the fire until boiling. Simmer gently for 10 minutes, then strain through a hot jelly-bag or cloth until clear, and pour into a wet mould.

TIME.—About 1 hour. AVERAGE COST, 1*s.* 6*d.* to 1*s.* 9*d.* SUFFICIENT for 1 quart of jelly.

WINE SAUCE.

INGREDIENTS.—¼ pint of water, 1 glass of sherry, 1 tablespoonful of any kind of jam, 1 tablespoonful of castor sugar, lemon-juice to taste.

METHOD.—Put the sugar and water into a saucepan, and simmer for 10 minutes, then add the rest of the ingredients, bring to the boil, strain, and serve.

TIME.—About 15 minutes. AVERAGE COST, 4*d.* to 5*d.*

WINTER SALAD.

INGREDIENTS.—1 small head of celery, ½ a cooked beetroot, 3 or 4 cold potatoes, ½ a teaspoonful of finely-chopped parsley, salad dressing, salt and pepper.

METHOD.—Peel and slice the beetroot, slice the potatoes, shred the celery, but not too finely. Arrange the prepared vegetables in separate layers, seasoning each layer with a little salt and pepper. Pour over 4 or 5 tablespoonfuls of salad dressing, sprinkle on the parsley, and serve.

WINTER SOUP.

INGREDIENTS. — 1 small white cabbage, 1 small onion, 1 leek, 1 oz. of butter or dripping, 1 pint of milk, 1 oz. of sago or rice, salt and pepper, 1 slice of toasted bread, 1 quart of water.

METHOD.—Wash and trim the cabbage, cut the leaves into very fine shreds, put them into salted boiling water and cook for 10 minutes; take up and drain. Melt the butter in a saucepan, add the onion and leek (previously peeled, cleaned, and cut into thin slices), cook a little, then add the cabbage, and stir the whole over the fire for a few minutes longer. Moisten with a quart of water, boil, skim, and simmer gently until all the vegetables are tender; season with pepper and salt, add the milk (boiling), put in the sago or rice, and cook for another 20 minutes. Serve with small sippets of toasted bread.

TIME.—About 1 hour. AVERAGE COST, 6*d*. to 8*d*. SUFFICIENT for 6 persons. SEASONABLE in winter.

WINTER SQUASH (American Recipe).

INGREDIENTS.—Squash, butter, sugar, salt and pepper.

METHOD.—Split the squash and take out the seeds, put it into slightly salted boiling water, and boil until tender. Scrape out the soft part from the shell, mash it or pass it through a wire sieve, and put it into a stewpan with a lump of butter, a good pinch of sugar, and a good seasoning of salt and pepper. Make thoroughly hot, and serve.

TIME.—About ½ an hour. AVERAGE COST, 3*d*. each. SUFFICIENT, allow 2 to 3 or 4 persons. SEASONABLE all the year.

WOODCOCK, ROASTED.

INGREDIENTS.—Woodcocks, toast, bacon, butter for basting, good brown gravy, watercress.

METHOD.—The skin of these birds is particularly tender, therefore they must be plucked very carefully. They are trussed in the same manner as other birds for roasting, but the head is skinned and left on, the long beak of the bird being passed through the legs and body in place of a skewer. Brush over with warm butter, fasten a thin slice of fat bacon over each breast, and hang them on the spit feet downwards to roast. Put the toast under to receive the drippings from the trail, baste frequently with hot butter, and roast for about 15 minutes, or 4 or 5 minutes less when preferred very much underdone. Serve on the toast, garnish with watercress, and send the gravy to table in a sauce-boat.

TIME.—About 15 minutes. AVERAGE COST, from 3*s*. 9*d*. to 5*s*. per brace. SEASONABLE from August 1 to March 15.

WOODCOCK TOAST.

INGREDIENTS.—½ lb. of chicken or duck livers, 2 anchovies, 1 oz. of butter, 2 tablespoonfuls of cream, 3 yolks of eggs, ¼ of a teaspoonful of castor sugar, ¼ of a teaspoonful of paprika or Krona pepper, salt, buttered toast.

METHOD.—Bone and skin the anchovies and pound them to a paste. Wash, drain, and dry the livers, and pound them also; pass both livers and anchovies through a fine sieve. Add to them the butter, cream, yolks of eggs, castor sugar, paprika or Krona pepper, salt to taste, and stir in a stewpan by the side of the fire until the mixture thickens. Have ready some buttered toast, pour on the preparation, and serve at once.

TIME.—¼ of an hour. AVERAGE COST, 1s. to 1s. 3*d*. SUFFICIENT for 6 or 7 persons. SEASONABLE at any time.

WOODCOCK TOAST (Chafing Dish Cookery).

INGREDIENTS.—½ lb. of chicken or duck livers, 2 small Gorgona anchovies, ½ a teaspoonful of castor sugar, 1 oz. of butter, 3 yolks of eggs, ½ gill of cream, ¼ of a teaspoonful of spiced pepper (paprika or Krona pepper), a pinch of salt.

METHOD.—Wash and clean the livers, removing carefully any gall that may be left on. Drain them in a cloth, and pound in a mortar until quite fine; bone and skin the anchovies, and pound them to a paste. Mix all thoroughly, and add the butter, sugar, and seasoning. Rub through a fine sieve and incorporate the egg yolks and half the above-mentioned quantity of cream. Stir this in a chafing dish until it is sufficiently cooked; have ready a plate with a piece of buttered toast just before serving, add a little more cream and seasoning if needed, pour the mixture over the toast, garnish with fried bread croûtons, and serve.

TIME.—15 minutes. AVERAGE COST, 1s. 6*d*. SUFFICIENT for 3 or 4 persons. SEASONABLE at any time.

WORCESTER SAUCE.

INGREDIENTS.—1 pint of Bordeaux vinegar, 3 tablespoonfuls of walnut ketchup, 3 tablespoonfuls of essence of anchovy, 2 tablespoonfuls of Indian soy, 1 teaspoonful of cayenne, 2 cloves of garlic finely chopped.

METHOD. — Put all the ingredients into a large bottle, cover closely, and shake well every day for a fortnight. At the end of this time it will be ready for use, but it may be stored for a length of time in well-corked bottles.

TIME.—2 weeks. AVERAGE COST, 1s. 4*d*.

YAMS, BAKED.

INGREDIENTS.—Yams, butter, salt and pepper.

METHOD.—Wash and dry the yams, bake them in a moderately-hot oven until soft, and serve on a folded napkin. Butter, salt and pepper are the usual accompaniments.

YAMS, BOILED.

INGREDIENTS.—Yams, salt.

METHOD.—Wash and peel the yams and let them remain in cold water for ½ an hour. Cover them with hot water, add a little salt, boil gently until tender, then drain and serve.

Yams may also be steamed, stewed, fried, mashed, curried, baked "au gratin" (*see* Cauliflower Baked with Cheese), made into rissoles (*see* Potato Balls), soup, purée, or salad.

YEAST CAKE.

INGREDIENTS.—1½ lbs. of flour, ½ pint of milk, ¼ lb. of butter, 3 ozs. of distillery yeast, 3 eggs, ¾ lb. of currants, ½ lb. of white moist sugar, 2 ozs. of candied peel.

METHOD.—Put the milk and butter into a saucepan and shake it round over the fire until the butter is melted, but do not allow the milk to become very hot. Put the flour and sugar into a basin, stir it to the milk and butter, the yeast dissolved in a little cold milk, and the eggs, which should be well beaten, and form the whole into a smooth dough. Let it stand in a warm place, covered with a cloth, to rise, and when sufficiently risen add the currants, and candied peel cut into thin slices. When all the ingredients are thoroughly mixed, line two moderate-sized cake-tins with greased paper, which should be put 6 inches higher than the tin; pour in the mixture, let it stand to rise again for another ½ hour, and then bake the cakes in a brisk oven for about 1½ hours. If the tops of them become too brown, cover them with paper until they are done through. A few drops of essence of lemon or a little grated nutmeg, may be added if this flavour is liked.

TIME.—From 1¼ to 1½ hours. AVERAGE COST, 1*s*. 6*d*. SUFFICIENT to make 2 moderate-sized cakes.

YEAST, TO MAKE.

INGREDIENTS.—1½ ozs. of hops, 4 quarts of water, 1¼ lbs. of bruised or ground malt, ¾ lb. of flour, ½ pint of liquid yeast.

METHOD.—Put the hops into a boiler, add the water, put on the lid, and set them over the fire to boil for about ½ an hour, or until all the hops have sunk to the bottom. Then strain the liquor into a clean wooden bucket, squeeze out the hops and throw them away. Let the resultant liquor stand for 5 or 10 minutes, or until the face can be seen reflected in it, then turn in the malt, stir up well with a clean spoon, cover over, and let it stand until lukewarm, or about 70° Fahr. Then put in ½ pint of yeast and the ¾ lb. of flour, stir it well up with the hand, cover over with a cloth, and let it remain in a warm corner undisturbed for at least 8 hours. At the end of that time give it a good stir up, and strain away the grains, squeeze them dry, and put the whole of the liquor into bottles; after stirring it well up, tie over with string, and keep it in a cool cellar. Half pint of this yeast will be sufficient for about 20 lbs. of flour. When required for use, it is usual to first set what is termed a ferment, as follows:—First wash, clean, and then boil about 2 lbs. of potatoes, without salt; when cooked strain off and turn them into a clean wooden bucket. Take a rolling-pin and pound the potatoes down with it; add about ½ lb. of flour, and mix it well into the scalding hot potatoes with the rolling-pin; add 1 quart of water, and stir all the ingredients well up together, and when it has cooled down to 75° Fahr., shake well, and add ½ pint of the previously made yeast. Stir well in with the hand, breaking up the potatoes, and then cover over with a clean cloth, and let it stand the same as the yeast, in a warm place to work or ferment. In about 3 hours it will have come up and dropped, and it is necessary, to ensure good bread, that it should drop. Prepare the flour in a large pan, or wooden trough; make a hole in the centre of the flour if the pan is used, and if a trough, at one end, and strain in the ferment or "comp.," add about 3 ozs. of salt, or more if liked, and sufficient water to wet the 20 lbs. of flour into dough, knead it well, and leave it as dry as possible; cover it over with a cloth, and leave it to prove in a warm place for about 3 hours, then give it another good kneading over with flour, cover, and prove for another hour. Then turn out to the board, divide into suitable-sized pieces, mould up into loaves, and when nicely proved bake in a moderate oven.

YORKSHIRE GINGER CAKE.

INGREDIENTS,—3 eggs, $\frac{1}{2}$ pint of cream, 1 lb. of butter, $\frac{1}{2}$ lb. of castor sugar, $2\frac{1}{2}$ ozs. of ground ginger, 2 lbs. of flour, a little salt.

METHOD.—Whisk the eggs thoroughly, add the cream, and beat these together. Put the mixture into a saucepan, stirring till warm; add the butter, sugar, and ginger, carefully stirring over a very moderate fire. When the butter has melted, stir in the flour, adding salt, and make into a paste (the flour must be fine). Roll out the paste and cut it out with a plain round paste cutter on to buttered flat tins, and bake in a moderate oven.

TIME.—$\frac{3}{4}$ of an hour. AVERAGE COST, 2*s.* 10*d.* SUFFICIENT for 3 to 4 dozen small cakes.

YORKSHIRE PUDDING.

INGREDIENTS.—1 pint of milk, 2 eggs, 4 heaped tablespoonfuls of flour, salt, dripping.

METHOD.—Put the flour and a good pinch of salt into a basin, make a well in the centre, break in the eggs, stir gradually, mixing in the flour from the sides, and add milk by degrees until a thick smooth batter is formed. Now beat well for 10 minutes, then add the remainder of the milk, cover, and let it stand for at least 1 hour. When ready to use, cover the bottom of a pudding-tin with a thin layer of dripping taken from the meat-tin, and while the tin and dripping are getting thoroughly hot in the oven, give the batter another good beating. Bake the pudding for 10 minutes in a hot oven to partially cook the bottom, or, if more convenient, place the hottest shelf from the oven on the meat stand, and at once put the pudding in front of the fire, and cook it until set and well browned. "Yorkshire" pudding is always cooked in front of the fire; when baked in the oven, the term "batter pudding" is applied to it by the people in the county whence it derives its name.

TIME.—About 40 minutes. AVERAGE COST, 6*d.* SUFFICIENT for 5 or 6 persons.

YORKSHIRE PUDDING, BOILED (*See* Batter Pudding, Boiled).

YORKSHIRE PUDDING WITH RAISINS (*See* Yorkshire Pudding).

Sultana raisins or currants may be sprinkled in after the batter has been poured into the tin. This pudding is frequently served with gravy, and, as a rule, before the meat.

YORKSHIRE RABBIT OR RAREBIT.

INGREDIENTS.—4 ozs. of Cheshire or Cheddar cheese, $\frac{1}{2}$ oz. of butter, 3 tablespoonfuls of milk or ale, Worcester sauce or vinegar, mustard, pepper, buttered toast, 2 poached eggs.

METHOD.—Cut the cheese into small pieces, place them in a saucepan with the butter, milk, or ale, add a little made mustard, a few drops of Worcester sauce or vinegar, pepper to taste, stir and cook gently until the mixture resembles thick cream. Meanwhile, prepare 1 slice of buttered toast, trim the edges and cut it in two, and poach the eggs in as plump a form as possible. Pour the cheese preparation over the toast, lay the eggs on the top, and serve quickly.

TIME.—¼ of an hour. AVERAGE COST, about 8*d*. SUFFICIENT for 2 persons. SEASONABLE at any time.

ZWETSCHEN SAUCE. (Prune Sauce).

INGREDIENTS.—½ a lb. of French prunes, 1 glass of port or sherry, 1 tablespoonful of lemon-juice, the finely-grated rind of ½ a lemon, ½ a teaspoonful of powdered cinnamon, sugar to taste.

METHOD.—Simmer the prunes until tender, in just enough water to cover them. When cool, crack, and preserve the kernels. Replace the fruit and kernels in the stewpan, add sugar to taste, cinnamon, lemon-rind and lemon-juice, cook gently for 10 minutes, and pass through a fine hair sieve. Re-heat, add the wine, and a little water if too thick, and used as required.

TIME.—About 1 hour. AVERAGE COST, 8*d*.

ZELTLINGER CUP.

INGREDIENTS.—1 bottle of Zeltlinger, 1 glass of sherry or brandy, 1 bottle of soda or seltzer water, 3 or 4 slices of fresh or preserved pineapple cut into sections, the juice and thin rind of 1 lemon, 1 dessertspoonful of castor sugar, or to taste, ice.

METHOD.—Strain the lemon-juice into a large glass jug, add the sugar, lemon-rind, pineapple, wine, a few lumps of ice, and lastly the soda-water. Serve at once.

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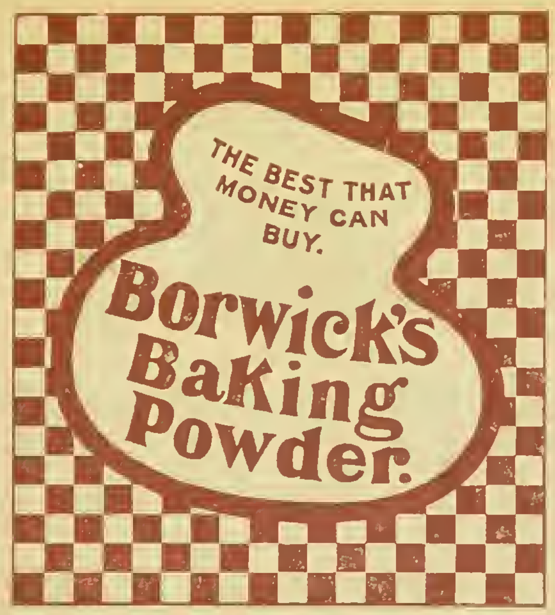
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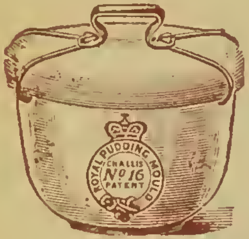

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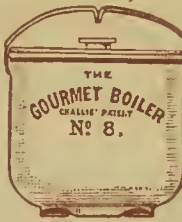
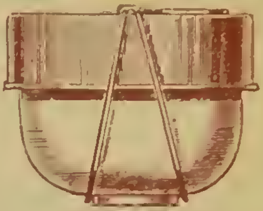


No Stirring! No Burning! No Waste!
Prices, 1/-, 1/3, 1/6, 1/9, 2/-, 2/3, 2/6, 2/9, 3/-.

"QUEEN'S" PUDDING BOILER.

For Boiling or Steaming.
Opened & closed instantly.

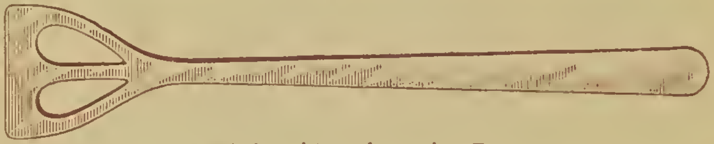


Water kept Out, Goodness kept In.
Prices—
9d., 1/-, 1/6, 2/-, 2/6, 3/-

THE GOURMET STIRRER. Solid Nickel Silver.

Lasts a Lifetime.

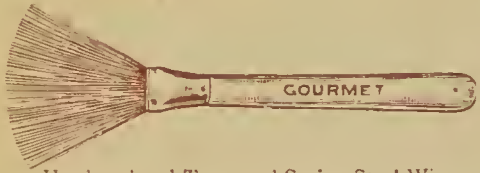
Prevents Burning.



Price—6½d. each.

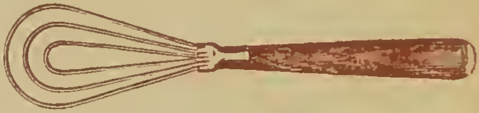
Don't be without it another Day.

SAUCEPAN BRUSH. Price 6d. each.



Hardened and Tempered Spring Steel Wire.

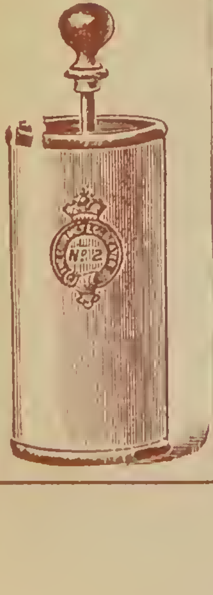
CAKE MIXER. Price 4½d. each.



For Cakes, Dough, Batter, and Puddings.

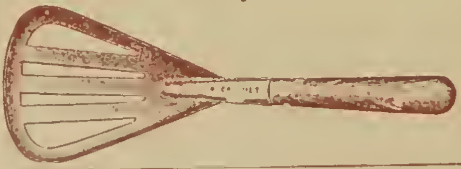
EGG BEATER.

Makes Eggs all froth.
Makes Cream all foam.
9d., 1/-, 1/6, 2/- ea.



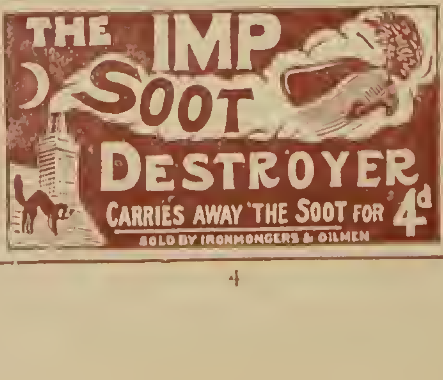
PUDDING SPOON. Price, 6d.

Handy to Use! Does its Work Well! And is Easily Cleaned!



Complete List of Specialities free on application.

GOURMET & CO.,
MOUNT PLEASANT, LONDON, W.C.



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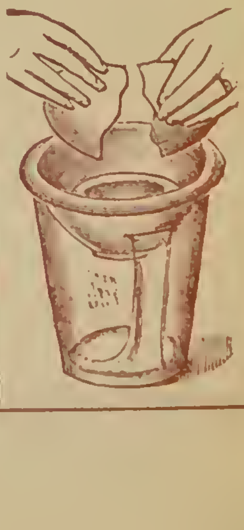
CARRIES AWAY THE SOOT FOR 4d
SOLD BY IRONMONGERS & OILMEN

EGG SEPARATOR.

Small White Earthenware Bowl, with a slot in the side.

Price 3d. each.



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All you want is :—
A Little Plasmon,
A Little Water,
A Little Flavouring,
A Little Saucepan,
to make just the Dish
you require.

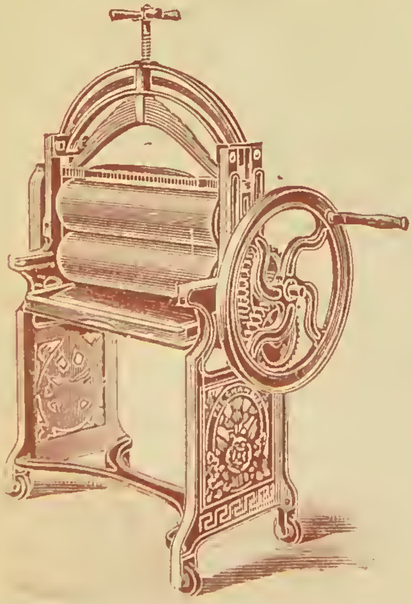
BRIMFUL OF NOURISHMENT

(30 pints of fresh Milk make
1 lb. of Plasmon).

Plasmon Cocoa
The Food Cocoa.
Plasmon Biscuits
in many new varieties.

"CHAMPION"

MANGLE.



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MALTED MILK (In Powder Form).

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Sustains. Nourishes. Builds up.

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GIVES ENERGY, BANISHES SLEEPLESSNESS, BRAIN FAG,
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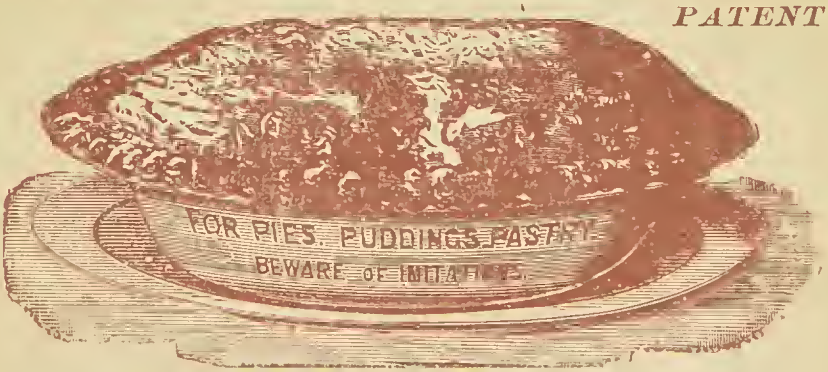
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BEWARE OF IMITATIONS.

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Are superior to all other makes for Cleanliness, Comfort, and Economy.

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and less meat if you would keep your digestive powers in good order. There is nothing more wholesome or appetising than nicely cooked fresh fish.

BUT IT MUST BE FRESH

If your Fish is in any degree tainted it is dangerous as an article of food, and should be avoided like any other poison. To ensure Absolute Freshness you should place your orders with us.

Sample Basket **6 lbs.** for P.O. **2s.**

Carriage Paid. *Cleaned for Cooking.*

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Tired of the Butter you have been having?

WELL, NEXT TIME GET THE

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Made from Fresh Separated Cream.

Don't be put off with other brands. The just-as-good story does not happen to be true in this case. Your grocer can get fresh supplies from us without any delay. Send us his name and address.

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Helps the Cook to make Dainty Dishes out of simple materials.

MAKES HOT SUPPERS UNNECESSARY.

It's delicious with cold meat, cheese, etc.

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FIRST & BEST
GORDON & DILWORTH'S
TOMATO CATSUP.
MADE FROM WHOLE FRESH FRUIT.

There is no Sauce to equal

TOMATO CATSUP,

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GORDON & DILWORTH'S

Be sure you get no other.

APPETISING,
DIGESTIVE,
DELICIOUS.

Gives tone to the most Modest repast.

6d. and 1/- per bottle.

GORDON & DILWORTH'S

Tomato Soup
is fit for an Epicure.
Only wants heating
and is
ready for the table.

7½d. 1/- & 1/4 per tin.

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Tomato Soup
MADE ONLY FROM WHOLE FRESH TOMATOES & PRIME BEEF

GORDON & DILWORTH'S
MUSHROOM CATSUP
Delicious with SOUPS GRAVIES MEATS CHOPS STEAKS ETC.
"Homestead" Brand
ABSOLUTELY PURE
GUARANTEED
"Makes Your Mouth Water"

GORDON & DILWORTH'S

MUSHROOM CATSUP

is Guaranteed
Absolutely Pure.

5½d. & 10½d. per bottle.

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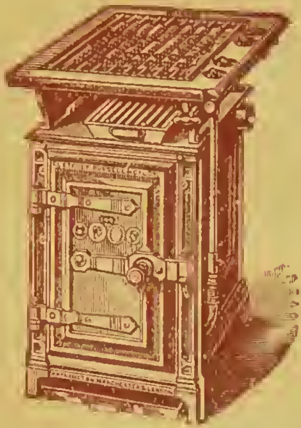

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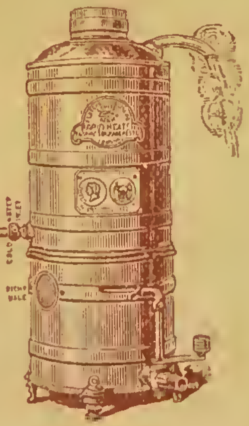

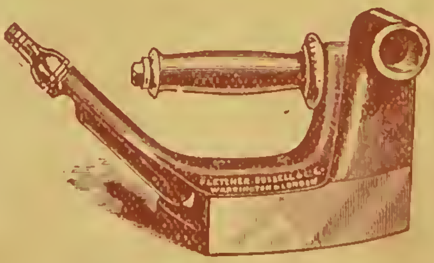

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